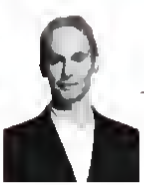
EXPERIENCE JAPAN IN NEW YORK CITY —WHAT'S NEW?

CHOPSTICKS NEW YORK

7
JULY, 2007
vol. 003
FREE



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Cover Feature **People**

Dr. Fredric Brandt

The man behind beautiful skin– "Give me ten minutes a day," he says, "and I'll make your skin look ten years younger"

THE MOST CONVENIENT, COMPREHENSIVE RESOURCE FOR ALL THINGS JAPANESE IN NY!

Restaurant Beauty Health
Grocery & Sake School Shop

Presented by No 1 Japanese Free Paper in NY

STYLE WITH TENUGUI

FASHION





GIFT WRAPPING



DECORATION







Tenugui is a traditional rectangular towel made of 100% cotton that is steeped in many decades of Japanese history. The Japanese word "*te*" means hand, and "*nugui*" describes the act of wiping. Apart from using this traditional towel for wrapping one's head like a bandanna, it can also be used to wrap gifts, as a decoration for the home, or even can be used for a daily exercise tool like a Yoga strap. We are pleased to introduce to you, this multi-functional tenugui that will bring Japanese elegance into your daily life. Welcome to wuhao newyork "Style with Tenugui"!

HTTP://WUHAONYC.COM

五 wuhao newyork inc

410 PARK AVE., 15TH FL.
NEW YORK, NY 10022
PHONE: 212-231-8126
FAX: 212-231-8121
E-MAIL: INFO@WUHAONYC.COM

KAORI

Aromatic Sake from Nature's Blessing



"Is this really Japanese sake? It tastes like white wine. Very smooth and I even smell of muscadine grapes and banana." It is common to hear from somebody who has just expenence **KAORI** for the first time. Here, we introduce the brewery, **Yamagata Hontan**, and their best line-up product **KAORI**.

Deep mountains, creeks in valleys, vast rice fields, quiet Sea of Seto, and wild Japan Sea. Shunan area of Yamaguchi prefecture, Japan shows different looks from time to time. This multi-faceted environment is the home of **Yamagata Honten**.

Established in 1875 in Tokuyama, a historical town of Shunan, this brewery has been creating unique sake culture and sending it to the world. The brewers at **Yamagata Honten** has a philosophy that firmly connect with their responsibility and pride as a local brewery and their passion to fulfill the human heart.



Flexibility and Creativity are what **Yamagata Honten** distinguishes themselves from others. Their flexibility allows them to meet their customers' varied taste and expectation as well as being creative to encapsulate human idea and passion.



"KAORI" Junmaiginjo
It has smooth taste with distinctive aroma of muscadine grape and green apple. It goes well particularly with salads with citrus fruit dressings and white fish sashimi.

"MORIKO" Daiginjo
It has fresh flavor of pear, plum and a hint of mineral. With gorgeous sweetness and sharp sourness, this sophisticated sake perfectly matches cured ham and smoke salmon.



"SHOIN" Junmaiginjo
Refined and clear this full-bodied sake is full of violet, lilac and golden apple aroma. This sake's best match is simple but sophisticated dishes such as thinly sliced hirame (turbot fish).



"KAORI UMESHU"
Local grown organic plum is pickled in 10-year aged rice Shochu. It is the highest grade liquor with the elegant flavor and smooth after-taste.

"NATSU-MIKAN NO KAORI" will arrive in the US this fall

Natsumikan (Chinese citron) grown in Hagi city is used for this liquor, and this is what Yamagata Honten brewers would be all proud of, since the brewers of Yamaga ta Honten took a long time to find the recipe to insert the best of natsu-mikan including the aroma from non aqueous skin of the fruit into the liquor and control its bitterness. Finally they succeeded to develop the technology with the help from the Center for Shunan Local Business Reconstruction. This liquor has absolutely no artificial flavor and color added.



Where to buy KAORI

Aster Wine • Ambassador Wine • Landmark Wine
Mitsuwa • Gotham Wines • Mister Wright
Nancy's Wine • Garnet Wines • Shugo Sake & Liquors

Distributed by JFC International, Inc. 718 456-8805
Imported by JIZAKE, INC.

THE JIZAKE

Website: www.thejizake.com
E-mail: admin@thejizake.com
Tel/Fax: 718-349-7179

Dr. Fredric Brandt – The Man Behind Beautiful Skin

"Give me ten minutes a day," he says, "and I'll make your skin look ten years younger."



Dr. Brandt, as one of the world's most renowned and famous cosmetic dermatologists (and the only one Madonna trusts to touch her skin!), has written a top selling anti-aging manual, "Age-less," the definitive guide to lasers, peels and other solutions for flawless skin. He is continuously called upon to provide his expertise in research, treatment and diagnosis regarding all issues of dermatology, and sees more than 40 patients a day at his clinics in Miami and New York City.

His new book, "10 minutes 10 years" (published in April 2007) teaches many common daily tasks that can be done in 10 minutes, to revitalize your appearance and turn back the clock on aging skin. His revolutionary skin program starts with just doing it 10 minutes a day.

Sometimes Japanese people, especially Japanese women look ageless, maybe it's because of their good skin maintenance. What do you think?

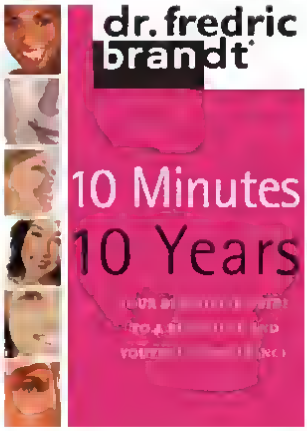
"Japanese women tend to have better skin because they stay out of the sun and take their skincare regiments very seriously. In the Asian culture, lighter skin is more desirable. Taking the time to use 8 or 10 products a day to maintain healthy skin is normal practice."

Is Asian skin different from Caucasian physiologically? Do Asian people and Caucasian people need different skin treatments?

"Asian skin is different from Caucasian skin in the fact that Asian skin has unique pigmentation which behaves differently and is more sensitive to the sun. Asians and Caucasians don't need totally different products; Asians need products more suited for sensitive skin and also products to brighten it."

You have developed the water booster product that includes green tea extract. Does





drinking green tea everyday help keep skin healthy?

"Green tea is good for you because it is one of the most powerful antioxidants known. It has the ability to protect skin from harmful ultra-violet rays and fights free radical damage (which can cause premature aging) and in turn, preserves younger looking skin. It also promotes cellular regeneration and cleanses the body of harmful toxins."

Dr. Brandt has joined his expertise with certified clinical nutritionists to take antioxidants one-step further in the form of a liquid supplement. *dr. Brandt's anti oxidant water booster*™ is a new, innovative, and easy way to harness the power of green tea and white tea. *dr. Brandt's anti-oxidant water booster*™ will help to repair skin and slow future signs of aging from the inside out. It is calorie free, caffeine free and made with 100% natural extracts.

We heard you like tofu a lot. Is tofu also a good food for the skin? What else is good for the skin? Or what kind of food should we be avoiding?

"Tofu is a great non-animal source of protein. You should incorporate fish, nuts, seeds, colorful vegetables, and fruits into your diet and avoid cheeses, butter, red meat, processed foods and sugary-laden foods to help keep your skin and body healthy."

Your new book, "10 minutes 10 years" seems to be full of tips and great advice for the anti-aging lifestyle. Are there any tips, related to Asian, or alternative medicine approaches? Does it include any East meets West type of advice?

"Yes, in my book I talk about the benefits of yoga, meditation, green tea, and herbs."

His new book talks about how to have healthy, ageless skin, and explains what "aging" is. According to his advice, sunshine and sugar seem to be the least needed, a real challenge for Americans! Consult Chapter 4 for a comprehensive list of the best products, treatments, and procedures available. Dr. Brandt explains what they are and how they work, from the least invasive, over-the-counter creams to the most cutting-edge injectibles.

We heard you are a collector of a specific Japanese artist's works. What is fascinating to you in their artwork?

"Yes, I collect artwork by Marakama and Nara. Their work reflects cultural phenomenon."

We heard Dr. Brandt skincare launched in Japan this spring. What has the reaction been from the Japanese market?

"Yes, we are so happy to finally be in the Japanese market! The response has been tremendously positive."

Are you going to Japan?

"Yes, I'm looking forward to my trip to Japan towards the end of June."

The Dr. Brandt skincare line launched in Japan this April. Now, Dr. Brandt skincare products are available in 30 countries overseas. His approach to anti-aging and maintenance of healthy skin is universally recognized and he gives a complete education and perspective to our lifestyles.

Tell us what New Yorkers need to do for anti-aging this summer?

New Yorkers need to wear SPF 30 every single day, regardless of the time spent outdoors and whether it's sunny or not. They should also incorporate as many antioxidants into their skincare regiment and in their diet as possible for healthy living and healthy aging.

Dr. Brandt's Choice

Favorite Japanese Restaurant: **Tao**

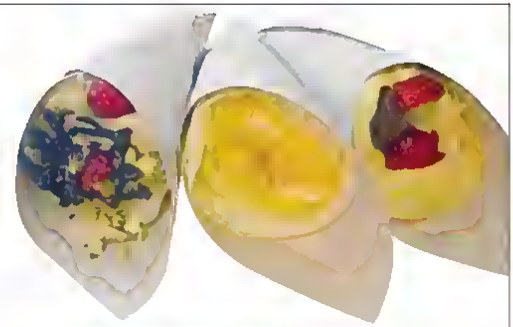
Upcoming event:
"Meet Dr. Brandt in New York"
July 11, 2007 At Henn Rendel
712 5th Ave New York, NY 10019

www.drbrandtskincare.com
1-800-234-1066 for skincare experts
Mon-Fri 9am-5pm EST

Restaurant

The Best Crepe in NYC is Made by a Japanese man

New York is really a food paradise – you can get any kind of authentic food from all over the world. Tokyo is another food emporium, where all the food connoisseurs unanimously say is the place to go. Japanese people are very food conscious and sometimes not only about Japanese food. Everything tastes better there than the originals overseas as the people put their own creative spin on international dishes. For example, pizza served in a cone shape is quite popular now in Japan. It is so handy and easy to eat while walking, like ice cream. Another popular vendor type of food is the crepe, which is originally French. Now thanks to a Japanese man named Mr. Yokoi, who experienced working at Payard, Sushi of Gari in Manhattan, New Yorkers can enjoy this delicate gourmet comfort food at her new "Cecel Café Crepe" in the East village. Her interpretation of the French crepe brought a diverse 19 varieties, from a custard creme base sweet dessert type, to savory crepe like potato salad & prosciuto, which might be good for a light lunch. A popular one is "Azuki (red beans) and Ichigo (strawberry)" $6.75 and "Double Mango" $7.25. All are home made with fresh ingredients.





Cecel Cafe Crepe
135 1st Ave.
(bet. St. Marks Pl. & 9th St.)
Tel: 212-460-5102

Beauty

Modern beauty might come from an ancient Japanese secret

On May 28, Miss Japan, Riyo Mori was crowned Miss Universe 2007. On that day, the Japanese woman proved its universal beauty. Her noticeably silky black long hair is very exotic and impressive. What is her secret? It is a little known fact that Camellia oil in Japan is traditionally used for hair smoothing and as conditioning oil. This lovely golden colored oil is made by being cold pressed from the seedpods of the Camellia japonica tree. The camellia tree comes from the same family as the green tea tree. Similar in consistency to Oleic acid, naturally produced by the skin, Camellia oil deeply penetrates the scalp. The oil doesn't need any synthetic antioxidants because Camellia oil has its own preservatives, and it is very simple to use. Just apply a few drops to your hair after shampooing, or before going to bed. Your hair will be very smooth. Shiseido, a Japanese leading beauty cosmetic brand, focusing on this natural wonderful oil, produces a shampoo that contains Camellia oil called "TSUBAKI." It debuted last year, and quickly rose to the position of epoch-making best-selling shampoo in the country. The concept is to get Japanese smooth, healthy, and strong hair, under the catchphrase "THE JAPANESE WOMEN ARE BEAUTIFUL." Try this universal Japanese beauty secret and see for yourself.

Tsubaki products are available at JAS Mart, Sunrise Mart and other Japanese cosmetic stores.

www.missuniverse.com
www.shiseido.co.jp/tsubaki

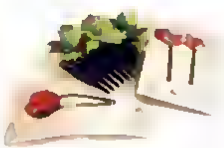


Shop

Little Kyoto in New York
a warm welcome in a gentle Kyoto Dialect "Please visit us"

Gigantic ceilings create a formidable illusion of space. Lined with an assortment of Kyoto handicrafts, Kiteya's walls are colored by a five-company collaboration – among them Umemiya, Washi and Okajima. Hailing from Kyoto, the owners amalgamated handmade rice-paper (hasegawa shojudo), wrought iron and bronze sculptures, handmade hair accessories, traditional textile, children's clothes and specialty ritual items in a Broome Street showroom aimed to attract wholesalers, Japanese restaurants as well as walk-in customers. A netted iron partition separates the upscale back room showcasing samurai bronze warriors (2K), Maya sculptures ($1800-$5400), handmade bags and shawls (bags, 1-2K, shawls, $1170-$3400) from the main room displaying authentic accessories such as corsages, hair combs, scarves and children's clothing. Other iron and bronze works by Yoshio Kobo range in price and dimensions.





Kiteya offers flower arrangement services on New Years and special occasions using artificial materials in a traditionally minimal style. Once Niwaka Jewelry (comparable to Tiffany in Japan) where now traditional culture merges with innovative concepts in a "Little Kyoto in New York." Kiteya refers to a warm welcome in an unswervingly gentle Kyoto dialect "Please visit us" or "Please come and see us."

Kiteya Soho
464 Broome St. (bet. Greene and Mercer St.)
Tel. 212-219-7505
www.kiteyany.com
Open 11am-7pm (Summer)
Closed on Mondays

From JAPAN

The Next Generation in Cellphone Technology

As you know, Japan is a gadget geek country with a love for electronic devices that devotes their wonderful technology to creating the latest cell phones. They gather all of the most convenient functions and put them into such a small apparatus. Do you want to know what the latest functions cell phones have in Japan? First of all, most of them have built-in digital cameras. Many of the cameras are capable of taking both still and video images. Images can usually be sent to other mobile phones and embedded in messages. Other great functions that are hardly seen in the U.S. yet include such abilities as Navigation by GPS, the playback and downloading of music, portable music player (MP3 player etc.), games such as RPGs like Dragon Quest or Final Fantasy, and watching and listening to TV and radio (FM/AM). Some of them even have a mobile Centrex service with wireless LAN! In recent years, some cellular phones even have the capability of being used as debit or credit cards and can be swiped through most checkout lines to buy everything from mascara to air tickets. You don't have to carry a wallet. All you need is just one cell phone. It can even be used as a train pass. You can ride trains, buy snacks, watch TV, and search websites, all through one cell phone. Besides the technology, the designs are stylish and cool with various colors, appealing to a wide range of generations, making it fun and fascinating for everyone.







Ebisu



414 East 9th St (bet 1st Ave & Ave A) Tel: 212-979-8936

Sun Wed 5am-12pm
Thurs-Sat: 5am-12:30pm

As soon as you walk down the stairs, an elegant, sophisticated restaurant dressed in white wood is spread out before you. Ebisu is a relaxing restaurant in which adults can feel comfortable, while not betraying that first impression of great taste and quality you get the moment you walk in the door. In business for over six years, Ebisu attracts not only many regular Japanese customers, but Americans, most of whom are Japanese food connoisseurs coming for genuine Japanese dishes that have not been Americanized at all.



Home Made Tofu

The smooth, silky texture is quite unique. In summer, the chilled tofu is popular. This simple dish is just divine with full flavor of soy totally harmonized with the sauce made from bonito based dashi broth. Served with condiments. $6.

The most popular dish among Japanese customers **BEST 3!**

1. Home Made Tofu ($6)
2. Shrimp & Lotus Root Tempura ($7.50)
3. Pressed Box Sushi (Sake $9 / Anago $14)

En Japanese Brasserie



435 Hudson St (at Leroy St) Tel: 212-647-8196

www.enjb.com
Sun Thurs: 5:30pm to 11:00pm
Fri & Sat: 5:30pm to midnight

En, a Japanese brasserie in the West Village, has been open for over two years now. The interior combines traditional Japanese design elements such as transom windows and shoji paper sliding doors with 20th century contemporary furniture. Here you can enjoy seasonal Japanese dishes prepared by chef Yasuhiro Honma and Japanese sake. "The goal is reasonably priced dishes that deliver the authentic taste of Japan without being Americanized in any way." Chef Honma's style of cooking is clearly distinct from the upscale Japanese fusion dishes seen so often in recent years.



Stone-grilled Kobe-style beef

During restaurant week, the stone grilled Kobe-style beef is a cut taken from the neck to back section. The cut has less fat than sirloin and a milder taste. $38

The most popular dish among Japanese customers **BEST 3!**

1. Soft rolled dashi maki omelet ($8)
2. Braised Berkshire pork belly in sansho miso ($16)
3. Shrimp fritters crispy fried with salt ($12)

Poke Restaurant



343 E. 85th St. (bet. 2nd & 1st Ave.) Tel: 212-249-0509

Mon-Thurs 5:00pm-10:45pm
Fri Sat 5:00pm-11:15pm
Sundays Closed

Poke is a friendly neighborhood sushi bar and restaurant located on the Upper East Side. A bright welcoming interior looks out towards the street inviting you and your sake bottle inside. That's right this is a BYOB establishment where the fusion dishes are artfully arranged and the sushi rolls are inventive. Customers have even been known to inspire some of the more imaginative rolls. You will see some surprising combinations like the Spicy Miso Soup and the Truffle Roll. If you looking for New York Japanese Fusion then stop by Poke and give the Lobster Salad Roll a try.



Grilled Mussels

Mussels are covered in a creamy white sauce and topped in a brown eel sauce to create a tasty appetizer.

The most popular dish among Japanese customers **BEST 3!**

1. Grilled Mussel ($16)
2. Grilled Mackerel ($10)
3. Sushi various

Zenkichi



77 N. 6th St. Brooklyn, NY Tel: 718-388-8585

www.zenkichi.com
Wed-Sun 6:00pm-Midnight

"Could this be served in Tokyo?" is the question at Zenkichi. And the answer is a resounding "Yes." If you are looking for a little bit of Japan in New York City then look no further than this Williamsburg Restaurant. Its private booths complete with a button that calls the server are the genuine Tokyo experience. Customers beware this is not a traditional New York Japanese restaurant. You won't find a sushi bar, here. Instead try the Omakase for two. An assortment of 10 appetizers, the Omakase is a great way to sample what the restaurant has to offer.



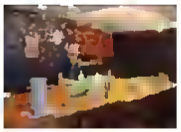
Maguro Carpaccio

Tender pieces of Tuna Sashimi wrapped around grated daikon, onions, carrots and green yuzu peppers and covered in sesame oil and white soy sauce. It's just one of the many mouthwatering courses at Zenkichi.

The most popular dish among Japanese customers **BEST 3!**

1. Bonito Shuto ($5)
2. Tsukune in Bamboo with Poached Egg ($8.5)
3. Agedashi Goma Tofu ($9)

Sachi



1350 Madison Ave (bet 94th & 95th St)
Tel: 212-534-5600
Lunch: Mon-Fri 12pm-2.45pm
Dinner: Mon-Thurs 5pm-10.45pm
Fri: 5pm-11.30pm
Sat: 4pm-11.30pm
Sun: 4pm 10.45pm

Located on the Upper East Side and in close proximity to Central Park, this neighborhood has a relaxed feel, as if time passes more slowly. Sachi, a Japanese restaurant, seems perfectly suited to these environs. The husband-and-wife owners, the Yamanoshitas, moved to this current location eight years ago after running a restaurant in midtown. The Yamanoshitas pride themselves on never using pre-made ingredients, and the restaurant boasts homemade dashi broth. In addition to fresh sushi and sashimi, original concoctions such as the Sachi Roll ($18) are also hugely popular.



Avocado & seafood tartar

Choose from tuna, salmon or yellowtail. The fresh fish and soft avocado combine exquisitely with the spicy sauce. $14.50

The most popular dish among Japanese customers **BEST 3!**

1. Buri Daikon ($8.5)
2. Yakibuta ($8.5)
3. Duck Teriyaki ($23)

Sobaya



229 E 9th St (bet. 2nd & 3rd Ave)
Tel: 212-533-6966
Lunch: Mon-Sun 12pm-3:50pm
Dinner: Mon-Thu & Sun 5:30pm-10.30pm
Fri & Sat: 5.30pm-11pm

Sobaya is an East Village restaurant where you can enjoy fresh-made soba (buckwheat) noodles. The nihachi soba (literally two-to-eight noodles—i e , eight parts buckwheat to two parts wheat flour) made with sarashina (white buckwheat) flour from Azumino in Nagano Prefecture are aromatic and go down smoothly. But we must not forget the many small plates made with fresh seasonal ingredients. Choose one of each from the small bowls, sashimi, broiled dishes, warm dishes and fried foods on the menu to give yourself the experience of a multiple-course dinner.



Tounyu nabe (soy milk stew)

This highly nutritious dish makes the most of the flavor and aroma of soy milk. $8.50. From the center back of the photo clockwise: hurikama-yaki (smoked and broiled yellowtail cheek, $8.50), kabura mushi (steamed turnips, $8.50) and renkon manju (fried lotus root bun $7.50).

The most popular dish among Japanese customers **BEST 3!**

1. Sobaya Box Lunch ($15)
2. Ten Zaru Soba ($15.50)
3. Kamo Nanban Soba ($15)

Ninja



25 Hudson St. (bet. Duane and Reade St.)
Tel: 212-274-8500
www.ninjanewyork.com
Walk-ins during summer
Reservations in winter
5:45pm-11pm
5:45pm-10pm (national holidays)

What happens when haute cuisine meets ninjutsu? Find out underground in Tribeca where Ninja hosts and hostesses serve dishes with swords and disappear behind smoke clouds! Safe seating is available in a large public room that fits about thirty, but the adventurous may choose to travel through dark passages patrolled by ninjas to one of 22 private rooms resembling a medieval Japanese village layout. Reservations are advised and it is very important to know the exact address, because ninjas are masters of disguise!



Bonsai

Tiramisu shaped in a bonsai with twisted sugar palmier made from scratch arrives to be the most popular among restaurant goers. Some stop in just for this delectable treat and a drink at the bar. $12

The most popular dish among Japanese customers **BEST 3!**

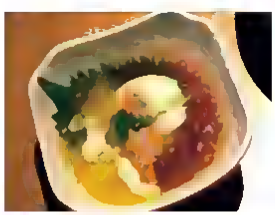
1. Kunoichi ($50)
2. Kuro-Subuta ($22)
3. Batto Jutsu ($16)

Sakagura



211 East 43rd St. B1F (bet. 2nd & 3rd Ave.)
Tel: 212-953-SAKE (7253)
www.sakagura.com
Lunch: Mon-Fri 12pm-2:30pm
Dinner: Mon-Thu 5pm-11:45am
Fri & Sat: 5pm-12:45am
Sun: 5pm-10:45pm

Serving exclusive sake since 1996, Sakagura boasts the best sake list in NYC with over 200 varieties. Don't worry if the choices overwhelm you. Wait staff will bring samples to assist in making the best choice according to your taste. Small tapas-style dishes such as Buta no kakuni - Sakagura's special stewed diced pork – are perfect accompaniments especially during summer! Sakes range in quality from the full-bodied, elegant and aromatic Kachoi Gesseki ($23/glass containing 17 % alcohol) to a milder Miyasaka containing 12 % alcohol ($7/glass).



Onsen Tamago

Delicate and decadent soft boiled egg topped with sea urchin and salmon roe in cold soup ($3).

The most popular dish among Japanese customers **BEST 3!**

1. Buta no kakuni ($4.50/piece)
2. Jidori shioyaki ($12)
3. Sanma onigiri ($9)

Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available
M Tu W Day Close
Th F Sa Su
Romantic Dining
Vegetarian Friendly
L Open for Lunch
Delivery
Family Dining
Local Favorite
Business Dinner

$ $25 and below

Upper West — Lenge $25 L
200 Columbus Ave (bet 69th & 70th St) 212-799-5100

Upper West — Planet Sushi $25 L
380 Amsterdam Ave (bet 78th & 79th St) 212-712-2162

Upper West — Sushi A-Go-Go $22 L
1900 Broadway (bet 63rd & 64th St) 212-724 7340

Upper West — Toma Sushi & Sake Bar $25 L
2950 Broadway (bet. 110th & 111th St) 212-665 2518

Upper East — East Japanese $17 L
354 E. 66th St. (bet 1st & 2nd Ave) 212-734-5270

Upper East — Oyogu $20 L
1164 1st Ave. (bet. 63rd & 64th St) 212-751-3316

Upper East — Tatani 72 $20 L
1400 2nd Ave (bet. 72nd & 73rd St) 212-472-4700

Upper East — Tsuki Restaurant $25
1410 First Ave (bet. 74th & 75th St.) 212-517-8950

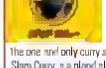
Upper East — Yuho $25 L
1531 York Ave (at 81st St) 212-988-5000

Midtown West — Aki Sushi $25 L
366 W 52nd St (bet. 8th & 9th Ave.) 212-262-2086

Midtown West — East 55 $10 L
253 W 55th St (bet. Broadway & 8th Ave.) 212-581-2240

Midtown West — Fuji $25 L
238 W 56th St (bet. Broadway & 8th Ave.) 212-245 7137

Midtown West — Go Sushi $10 L
756 9th Ave. (at 51st St) 212-456 2288

Midtown West — GO! GO! CURRY! $8 L

Any days with # 5 s GO GO DAY. Get # free topping coupon on the 5th, 15th and 25th of a month. The Triple Crown winner of a Japanese curry contest is the one and only curry specialty restaurant in NY. Grand Slam Curry is a grand slam hit among New Yorkers.
273 W 38th St (bet. 7th & 8th Ave) 212-730-5655 www.gogocurryusa.com

Midtown West — Iroha $20 L
152 W 49th St (bet. 6th & 7th Ave.) 212-398-8049

Midtown West — Ise 56 $20 L
56 W 56th St (bet. 5th & 6th Ave.) 212-707-8702

Midtown West — Kodama 45 $20 L
301 W 45th St (bet. 8th & 9th Ave.) 212-582-8085

Midtown West — Kyotofu $25 M L
705 9th Ave (bet. 48th & 49th St.) 212-974-6012

Midtown West — Menchanko-Tei $10 L
43-45 W 55th St (bet. 5th & 6th Ave.) 212.247.1585

Midtown West — Menkui-Tei $23 L
80 W 56th St (bet. 5th & 6th Ave.) 212-757-1542

Midtown West — Sapporo $12 L

Enjoy your meal with friends and family at newly renovated Sapporo. We have a variety of authentic ramen noodle soups and Japanese comfort food. Reasonably priced Sapporo offers the best value and tasty. High-chairs available. Open 7 days from 11am.
152 W 49th St (bet 6th & 7th Ave.) 212-869-8972

Midtown West — Tachigui Sobaya $7 L
732 7th Ave (bet. 48th & 49th St.) 212-265-8181

Midtown West — Teriyaki Boy $7 L
685 5th Ave. (bet. 52th & 53th St.) 212-307-7202

Midtown West — Yoshinoya $7 L
255 W 42nd St. (bet. 7th & 8th Ave.) 212-703-3940

Midtown East — 212 Fukumatsu $22 L
212 E 52nd St (bet. 2nd & 3rd Ave.) 212.754-4640

Midtown East — Amakusa $20 Su
143 E 47th St (bet. 3rd & Lexington Ave.) 212 593-3355

Midtown East — Azusa $25 Su L
3 E 44th St (bet. 5th & Madison Ave.) 212-661-0001

Midtown East — Chiyoda Sushi $10 Su L
18 E 41st St. (bet. 5th & Madison Ave.) 212-400-0990

Midtown East — Donya $29 L
137 E 47th St. (bet. Lexington & 3rd Ave.) 212-980-7909

Midtown East — Go Sushi $10 L
511 3rd Ave. (bet. 34th & 35th St.) 212-679-1555

Midtown East — Go Sushi $10 L
982 2nd Ave. (at 52nd St.) 212-593-3863

Midtown East — Hapan $29 Su L
211 E. 43rd St. (bet. 2nd & 3rd Ave.) 212-986-1213

Midtown East — Isa 49 $25 L
151 E. 49th St. (bet. Lexington & 3rd Ave.) 212.319-6676

Midtown East — Izakaya Aniyoshi $20 Su L
220 E. 53rd St. (bet. 2nd & 3rd Ave.) 212-319-3340

Midtown East — Katsu-hama $18 L
11 E. 47th St. (bet. 5th & Madison Ave.) 212 758-5809

Midtown East — Meachaaka-Tei $14 L
131 E. 45th St. (bet. Lexington & 3rd Ave.) 212-986-6105

Midtown East — Nada-Sushi $29 Su L
135 E. 50th St. (bet. Lexington & 3rd Ave.) 212-935-2537

Midtown East — Oms/b $9 L Su

Omusubi or often called rice balls in English. We serve not only traditional Omusubi but also nontraditional and novelty ones. Omusubi is creative food that is fun and healthy. Please relax and enjoy delicious Omusubi in our stylish space. Catering is available!
156 E. 45th St. (bet. Lexington & 3rd Ave.) 212.922.9788 www.riceball-oms.com

Midtown East — Sushi Time $25 L
821 2nd Ave. (bet. 43rd & 44th St.) 212-883-8383

Midtown East — Teriyaki Boy $7 L
150 E. 46th St. (bet. Lexington & 3rd Ave.) 212-867-5771

Midtown East — Yakitori East $20 L
210 E. 44th St. (bet. 2nd & 3rd Ave.) 212-687-5075

Korea Town — Tadai $25 L
6 E. 32nd St. (bet. Madison & 5th Ave.) 212-725-1333

Chelsea — Daioh Sushi $20 L
300 W. 23rd St. (bet. 7th & 8th Ave.) 212-727-0888

Chelsea — Daioh Sushi $20 L
300 W. 23rd St. (bet. 7th & 8th Ave.) 212-727-0888

Chelsea — ENNJU $10 L
20 E. 17th St. (bet. 5th & Broadway) 646-336-7004

Chelsea — Kitaya $20 Su L
13 E. 31st St. (bet. 5th & Madison Ave.) 212-685-1119

Chelsea — Mamoya $20 Su L
185 7th Ave. (at 21st St.) 212.989-4496

Chelsea — Nooch $24 L
143 8th Ave. (at 17th St.) 212-691-8500

Chelsea — Tebaya $10 Su L
144 W. 19th St. (bet. 6th & 7th Ave.) 212-924-3335

Gramercy — Choshi $20 L

Located near Gramercy Park on the sidewalk is open. Try our variety of original Sushi Rolls. Offering daily special for lunch and dinner. Lady's Set. Combination Box etc. Delivery and Take Out service is available. You can enjoy various kitchen foods.
77 Irving Place (at 19th St.) 212-420-1419 www.sushi-choshi.com

Gramercy — Hamachi $15 L
34 E. 20th St. (bet. Broadway & Park Ave.) 212-420-8808

Gramercy — Izakaya Taa $20 Su
207 10th Ave. (bet. 22nd & 23rd St.) 212-627 7777

Gramercy — Kanan Sushi East $15 L
366 3rd Ave. (bet. 26th & 27th St.) 212-889-2326

Gramercy — Mishima $25 L
164 Lexington Ave. (bet. 30th & 31St. St.) 212-532-6566

Gramercy — Teriyaki Boy $7 L
15 Lexington Ave. (bet. 22nd & 23 rd St.) 212-260-4420

Gramercy — Yakitoku JuJu $25
167 E. 28th St. (bet. Lexington & 3rd Ave.) 212-684-7830

Gramercy — YAMA Restaurant $20 Su L
122 E. 17th St. (at Irving Pl.) 212-475-0909

West Village — Go Sushi $10 L
346 Bleecker St. (at 6th Ave. & 7th St.) 212-366-9272

West Village — Maruma $25 L
548 LaGuardia Pl. (bet. Bleecker & W 3rd St.) 212-979-7055

West Village — Miyabi $20 L
121 W 3rd St. (Macdougal & 6th Ave.) 212-473-0370

West Village — Swrsh Cafe shabu shabu $20 L
68 W 3rd St. (bet. Sullivan & Thompson St.) 212-777-6800

West Village — Taste of Tokyo $25 L
54 W 13th St. (bet. 5th & 6th Ave.) 212-691-8668

East Village — Cha-An $25 L

Try various types of tea from China, Japan and India together with organic sweets by our pastry chefs. Daily special sets for lunch and dinner are also perfect with wine or sake. Traditional tea ceremony in Sakura-do Matcha tea room is available by reservation.
230 E. 9th St. 2nd Fl. (bet. 2nd & 3rd Ave.) 212-228-4030 www.cha-an.com

East Village — Chiyana $15 M
325 E. 6th St. (bet. 1st & 2nd Ave.) 212-673-3984

East Village — Esaahi $25
32 Ave. A (bet. 2nd & 3rd St.) 212-505-8726

East Village — GO Restaurant $16
30 St. Marks Pl. (bet. 2nd & 3rd Ave.) 212-254-5510

East Village — Isona Grant Jones $20 L

A popular authentic Japanese restaurant HEDEH in NoHo will reopen its door as Isona Grant Jones. A wide variety of affordable dishes are from $5. Sapporo draft beer is only $2 all night long!! Please come visit us and enjoy your night!
57 Great Jones St (bet. Lafayette & Bowery) 212-473-4456

East Village — Izakaya Aniyoshi $20 L
810 Broadway (bet. 11th & 12th St.) 212-358-1884

East Village — Kura Sushi $20
57 1st Ave. (at 4th St.) 212-979-6646

East Village — Kyo Ya $29 M
94 E. 7th St. (bet. 1st Ave. and Ave. A) 212-982-4140

East Village — Le Miu $25 M L
107 Ave. A (bet. 6th & 7th St.) 212-473-3100

East Village — Mankui-tei $10 L
73 Cooper Sq. (bet. 7th & St. Marks Pl.) 212-228-4152

East Village — MINCA $15 L
53 E. 5th St. (bet. Ave. A & B) 212-505-8001

East Village — Natori $20 L
51 St. Marks Pl. (bet. 1st & 2nd Ave.) 212-533-7711

East Village — Noodle Cafe Zen $12 L
31 St. Marks Pl. (bet. 2nd & 3rd Ave.) 212-533-6855

East Village **OH! Taisho** $25
5 St. Marks Pl (bet. 2nd & 3rd Ave.)
212-673-1300

East Village **Otafuku** $6
23 E 9th St (bet. 2nd & 3rd Ave.)
212-353-1503

East Village **Rai Rai Ken** $10
214 E 10th St (bet. 1st & 2nd Ave.)
212-477-7030

East Village **Sake Bar Satsko** $25
202 E 7th St (bet. B & C Ave.)
212-614-0933

East Village **Sapporo East** $20
164 1st Ave (at 10th St.)
212-260-1330

East Village **Sobaya** $20

Making fresh Soba daily by hand with high quality buckwheat flour imported from Japan. All natural ingredients make soba healthy. Try Lunch box $15 with choice of soba or udon served dishes and dessert. Daily special appetizer and sake selection for dinner.
229 E 9th St (bet. 2nd & 3rd Ave.)
212-533-0988 www.sobaya.com

East Village **Sobakoh** $25
309 E 5th St (bet. 1st & 2nd Ave.)
212-254-2244

East Village **Soaen Restaurant** $20
28 E 13th St (bet. University Pl. & 5th Ave.)
212-727-7150

East Village **Teriyaki Boy** $7
219 E 10th St (bet. 1st & 2nd Ave.)
212 677-6058

East Village **Typhoon** $15
78 St. Marks Pl (bet. 1st & 2nd Ave.)
212 979 2680

East Village **Uminnie** $20
85 E 3rd St (bet. 1st & 2nd Ave.)
646-654-1122

East Village **Village Yokocho** $20
8 Stuyvesant St, 2Fl (bet. 2nd & 3rd Ave.)
212-533-3041

East Village **Yakiniku West** $20
218 E 9th St (bet. 2nd & 3rd Ave.)
212-979-8238

East Village **Yakitori Taisho** $20
5 St. Marks Pl (bet. 2nd & 3rd Ave.)
212-228-5066

East Village **ZEN** $15
31 St. Marks Pl (bet. 2nd & 3rd Ave.)
212 533-6856

Lower Mhn **Hiroko's Place** $15
75 Thompson St (bet. Spring & Broome St.)
212-925 1303

Lower Mhn **ITSU** $15
250 Vesey St (4 World Financial Center)
212.945.9095

Lower Mhn **Mottsa** $20
285 Mott St (bet. E. Houston & Prince St.)
212.343-8017

Lower Mhn **Soaen Restaurant** $20
210 6th Ave. (at Prince St.)
212-807 7421

Lower Mhn **Suteishi** $20
23 Peck Slip (bet Water & Front St.)
212 766-2344

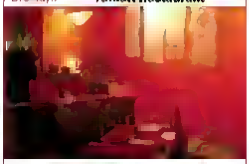
Lower Mhn **Teriyaki Boy** $7
22 Mathson Lane (bet. Broadway & Nassau)
212-385-8585

Lower Mhn **Yoshi Restaurant** $18
201 E. Houston St. (Orchard & Ludlow)
212-539-0225

Lower Mhn **Zutto** $20
77 Hudson St. (bet Jay & Harrison St.)
212-233-3287

Brooklyn **Garde** $20
331 Flatbush Ave (bet. Park & Prospect Pl.)
718-638-2666

Brooklyn **Iron Chef House** $15
92 Clark St (bet. Henry St & Monroe Pl.)
718-855-8517

Brooklyn **Tamari Restaurant** $20

Tamari's innovative fusion dishes are prepared by the owner/chef who sees carefully selected ingredients to create dishes unique only to Tamari's tapas menu. The name "Tamari" comes from a Japanese word meaning "hangout". Happy Sake Hour from open-6pm (tue-sun) Order a sake and receive a complimentary house sake. Try our popular cocktails like Japanese Mojito (lychee & sake) and Plum Kiss (plum wine & ginger sake).
201 Fifth Ave (bet. Union & Berkeley)
718-230-5636

Queens **ARIYOSHI** $18
41-13 Queens Blvd (bet. 41st & 42nd St.)
718-937-3288

Queens **go wasabi** $23
34-02 30th Ave (at 34th St.)
718-204-7354

Queens **go wasabi** $23
29-11 Ditmars Blvd (bet. 29th & 32th St.)
718-204-6724

Queens **Shima Restaurant** $15
29-13 Broadway (bet. 29th & 30th St.)
718-721-5586

Upstate **Momiji** $20
281 Halstead Ave Harrison, NY 10528
914-835-1078

Upstate **Sakura** $15
56 Garth Rd Scarsdale, NY 10583
914-723-7757

Upstate **Tanto** $10
838 White Plains Rd Scarsdale, NY 10583
914-725-5100

Long Island **Akari** $20
2063 Merrick Rd Merrick, NY 11566
516-379-3888

Long Island **Kurofune** $17
77 Commack Rd Commack, NY 11725
631-499-1075

Long Island **Nagashima** $25
12 A-1 Jericho Tpk Jericho, NY 11753
516-338-0022

Long Island **Sapporo** $15
3266 Merrick Rd Wantagh, NY 11793
516-785-3953

Long Island **Shiro of Japan** $20
401 Old Country Rd Carle Place, NY 11514
516-997-4770

Long Island **SUSHI ICHI** $25
700 N Country Rd Seauket, NY 1173
631-979-3111







Long Island **TAIKO Restaurant** $18
15 S Village Ave Rockville Centre NY
516-678-6149

Long Island **Taha Sushi** $20
921 Common Ave Westbury NY 11590
516-876-0033

Long Island **Taha Sushi** $20
1035 Broadway Woodmere, NY 11598
516-569-3806

Long Island **Tongo** $16

Come and try our creative sushi & contemporary Japanese food!

Specializing in sushi and Japanese grill. Tongo in Floral Park, Long Island, offers exceptionally fine raw fish creations of both traditional and contemporary

196 Jericho Tpk, Floral Park, NY 11001
516-352-1116 www.tongorestaurant.com

Long Island **Yamaguchi** $29
63 Main St, Port Washington, NY 11050
516-883-3500

Long Island **Yuki's Palette** $25
611 Old Country Rd Westbury NY 11590
516-334-5009

Long Island **Yuki's Palette Too** $25
11 Merrick Ave Merrick, NY 11566
516-334-5008

New Jersey **Asahi Japanese** $17
1475 Bergen Blvd Fort Lee, NJ 07024
201-944-5113

New Jersey **Benmatsu** $29
960 Mountain Ave Mountainside NJ 07092
908-233-7880

New Jersey **East** $15
1405 Teaneck Rd Teaneck NJ 07666
201-837-1290

New Jersey **Higo Batten** $10
2024 Center Ave, Suite J&K, Fort Lee
201-461-5465

New Jersey **ICHIBAN** $20
776 Bloomfield Ave W Caldwell NJ 07006
973-808-7178

New Jersey **Italian Tomata (Mitsuwa)** $1
595 River Rd Edgewater, NJ 07020
201-941-9113

New Jersey **Izakaya Dan** $25
971 Palisade Ave Cliffside Park NJ 07010
201-941-3400

New Jersey **Kenoko** $15
3945 Rt 27 & Rt 518 Princeton NJ 08540
732-821-8622

New Jersey **Komegeshi** $25
109 Montgomery St. Jersey City NJ 07302
201-433-4567

New Jersey **Pinehill** $20
123 Paramus Rd. Paramus, NJ 07652
201-843-0170

New Jersey **Sakura 46** $20
300 W Route 46 Cliffside Park, NJ 07010
201-807-1887

New Jersey **Sakurahana** $25
43 Ridgdon Ave Ridgewood NJ 07450
201-447-8525

New Jersey **Santohha (Mitsuwa)** $10
595 River Rd Edgewater, NJ 07020
201-941-1004

New Jersey **Sanuki Sondo (Mitsuwa)** $6
595 River Rd Edgewater, NJ 07020
201-941-9113

New Jersey **Sugi** $25
2117 Rt 4 E Bound Fort Lee, NJ 07024
201-461-8038

New Jersey **Tomo Sushi** $20

A very popular Japanese restaurant in Princeton Tomo Sushi serves beautiful creation of sushi that satisfies the body and the soul. Menu with more than 100 items, including 7 lunch specials and variety of maki sushi makes Tomo an exciting place to dine

236 Nassau St Princeton, NJ 08540
609-924-8478 www.princetontomo.com

New Jersey **Tomo's Cuisine** $20
113 Rt 23 S Little Falls NJ 07424
973-837-1117

New Jersey **UKI UKI** $15
417 E Ridgewood Ave Paramus Pk NJ 07652
201-447-0446

New Jersey **Umeya** $20
158 Piermont Rd Cresskill, NJ 07626
201-816-0511

Connecticut **Abis** $25
287 Greenwich Ave Greenwich, CT 06830
203-862-9100

Connecticut **Kazu** $25
64 N Main St Norwalk CT 06854
203-847-7492

Connecticut **Sahuro** $25
740 Post Road East, Westport, CT 06880
203-222-0902

Connecticut **Tashi Japanese** $29
139 Simsbury Rd #4 Avon, CT 06001
860-677-8242

Connecticut **Wasabi Japanese** $20
24 S Main St, Kent, CT 06757
860-927-0046

$$ $26 - 40

Upper West **Haru** $38
433 Amsterdam Ave (bet 80th &81st St) $38
212-579-5655

Upper West **Roppangi** $35
434 Amsterdam Ave (at 81st St) $35
212 362-8182

Upper West **Sushi Hana** $35
468 Amsterdam Ave (bet. 82nd & 84th St.) $35
212 874-1078

Upper West **Tanzan** $32
265 Columbus Ave (at 73rd St.) $32
212 580-7300

Upper West **Tokyo Pop** $32
2721 Broadway (bet. 104th & 105th St.) $32
212 932-1000

Upper West **Yuki Sushi** $31
459 Amsterdam Ave (at 82nd St.) $31
212 787-8200

Upper East **Aki Sushi** $30
1425 York Ave. (bet. 75th & 76th St.) $30
212-628-6885

Upper East **Haru** $38
1327 3rd Ave (at 76th St.) $38
212-452-1029

Upper East **Haru Sake Bar** $38
1329 3rd Ave (at 76th St.) $38
212 452-2220

Upper East **Ichiro** $30
1590 2nd Ave (bet 81th & 82th St.) $30
212 249-6300

Upper East **Ihenohana** $30
1015 Lexington Ave (bet. 72nd & 73rd St.) $30
212-737-8938

Upper East **Iron Sushi** $29
355 E. 78th St (bet. 1st & 2nd Ave.) $29
212-772-7660

Upper East **Ko Sushi** $31
1329 2nd Ave (at 70th St.) $31
212-439 1678

Upper East **Ota-ya** $33
1572 2nd Ave (bet. 81st & 82nd St.) $33
212-288-1186

Upper East **Paris Match** $35
28 E. 65th St (bet. Madison & Park Ave.) $35
212-737-4400

Upper East **Pohe** $35
343 E. 95th St. (bet. 1st & 2nd Ave.) $35
212-249-0569

Upper East **Sahe Hana** $30
265 E 78th St. (bet. 2nd & 3rd Ave.) $30
212-327-0562

Upper East **Shabu-Shabu 70** $37
314 E. 70th St. (bet. 1st & 2nd Ave.) $37
212-861-5835

Upper East **Sushi Hana** $30
1501 2nd Ave (at 78th St.) $30
212-327-0502

Upper East **Sushi Seki** $35
1143 First Ave (bet. 62nd & 63rd St.) $35
212-371-0234

Upper East **Tohubei 86** $30
314 E 86th St. (bet. 1st & 2nd Ave.) $30
212-628-5334

Upper East **Wajima** $30
134 E 61st St. (bet. Lex. & Park Ave.) $30
212-813-9065

Upper East **Wasabi Lobby** $30
1564 2nd Ave (at 82nd St.) $30
212-861-6662

Upper East **YUKA Restaurant** $27
1552 2nd Ave (bet. 80th & 81st St.) $27
212-772-8875

Midtown West **Aquamarine** $30
713 2nd Ave (bet. 38th &39th St.) $30
212-297-1490

Midtown West **Banihana** $30
47 W 56th St. (bet. 5th & 6th Ave.) $30
212-581-0330

Midtown West **Hakata Grill** $40
230 W 46th St (bet. Broadway & 8th Ave.) $40
212-245-1020

Midtown West **Haru** $38
205 W. 43rd St (bet. Broadway & 7th Ave.) $38
212-354-4410

Midtown West **Monster Sushi** $30
22 W. 46th St. (bet. 5th & 6th Ave.) $30
212-382-7707

Midtown West **Onigashima** $30
43-45 W. 55th St. 2nd Fl. (5th & 6th Ave) $30
212-541-7145

Midtown West **Sake Bar Hagi**

Conveniently located in Midtown West, Sake Bar Hagi serves a variety of local sake and shochu at the bargain prices. You can watch sport ng events on a large plasma screen TV or just spend quality time with your friends in this homey bar. Open 7days until 3am

142 W. 46th St. (bet. 6th & 7th Ave.) $30
212-764-4648

Midtown West **Pacific Echo** $27
242 W. 56th St. (bet. Broadway & 8th Ave.) $27
212-265-1338

Midtown West **Soba Nippon** $30
19 W. 52nd St. (bet. 5th & 6th Ave.) $30
212-484-2525

Midtown West **Seshiya** $40
20 W. 56th St. (bet. 5th & 6th Ave.) $40
212-247-5758

Midtown East **Gyu-Kaku**

Gyu-Kaku Japanese BBQ restaurant in Midtown previews a private setting over looking beautiful night view of Midtown. You are your own chef cooking tasty meats to your liking at your table. Try one of sauces to bring out the best flavor in each ingredient

805 3rd Ave. 2nd Fl (at 50th St.) $40
212-702-9115 www.gyu-kaku.com

Midtown East **Haru** $38
280 Park Ave (at 48th St.) $38
212-490-9600

Midtown East **Hatsuhana Park**

Good to casual dinner with tradit onal fresh sushi. The comb nation of high quality fish and rice makes you happy! Don't forget to try the wood appetizer which is a all favorites among the Japanese. Enjoy the typical Japanese way of relaxation

237 Park Ave (at 46th St.) $35
212-661-3400 www.hatsuhana.com

Midtown East **Izakaya Riki** $30
141 E. 45th St. (bet. 3rd & Lexington Ave.) $30
212 986-5804

Midtown East **Magu Midtown** $40
845 UN Plaza (bet. 1st Ave & 47th St.) $40
212-964-7777

Midtown East **Nanawa** $30
4 E. 40th St. (bet. 5th & Madison Ave.) $30
212-370-4044

Midtown East **Shaburi** $35
125 E. 39th St. (bet. Lexington & Park Ave.) $35
212-867-6333

Midtown East **Tahya** $40
342 Lexington Ave (bet. 39th & 40th St.) $40
212-867-9330

Midtown East **Tsushima** $40
141 E. 47th St. (bet. Lexington & 3rd Ave.) $40
212 207-1938

Midtown East **YAMA Restaurant** $37
309 E. 46th St. (bet. 1st & 2nd Ave.) $37
212-355-3370

Chelsea **Aki Sushi** $30
128 W. 28th St. (bet. Broadway & 7th Ave.) $30
212-268-1051

Chelsea **Iron Sushi** $29
440 3rd Ave. (bet. 30th & 31St. St.) $29
212-447 5822

Chelsea **Matsuri** $30
369 W16 St (bet 8th & 9th Ave) $30
212 243-8400

Chelsea **Monster Sushi**

Monster Sushi has operated successful sushi restaurants in NY and NJ for 10 years. Founded by Carl Waltzer and On Lee in 1997, Monster Sushi quickly became known as the sushi provider of choice among discerning customers and the media

156 W 23rd St (bet. 6th & 7th Ave.) $30
212-620-0131 www.monstersushi.com

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DINNER M - F & Sat / 5:30pm - 11:30pm
Sun & Holiday / 5:30pm - 11pm

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www.komegashi.com

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Kobe Beef Teriyaki Burger $12
Pork Hirekatsu Burger $12

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Tuna Dragon Roll $10
Kobe Beef Roll $16

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Stuffed Chicken Wings $14

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Tsukune Chicken Skewers $14
Kobe Beef Sirloin Steak $48

SUSHI
Omakase Nigiri Sushi from $28

Chelsea **Muzu Sushi**
29 E 20th St (bet. Broadway & Park Ave.) $34
212-505-6988

Gramercy **15 EAST**
15 E 15th St (Union Sq. W. & 5th Ave.) $30
212-647-0015

Gramercy **Ajisushi**
513 3rd Ave (bet. 34th & 35th St.) $26
212-FISH-2056

Gramercy **Aki Sushi**
121 E 27th St (bet. Lex. & Park Ave. S.) $30
212-213-6968

Gramercy **Hane**
346 1st Ave (at 20th St.) $30
212-598-8989

Gramercy **Hara**
220 Park Ave. South (at 19th St.) $36
646-420-0969

Gramercy **Saburi**
19th Lexington Ave. (bet. 30th & 31st St.) $28
212-481-7766

Gramercy **Sushi SAMBA**
245 Park Ave. South (bet. 18th & 20th St.) $35
212-475-8077

Gramercy **Sushi San-nin**
30 E 33rd St (bet. Madison & Park Ave. S.) $40
212-889-2206

Gramercy **Sushi Twist**
66 Madison Ave (bet. 27th & 26th St.) $30
212-213-8239

West Village **Kinara**
33 Carmine St. (bet. Bleecker & Bedford St.) $30
212-741-2123

West Village **Manster Sushi**
535 Hudson St. (at Charles St.) $30
646-336-1933

West Village **Rohumeisha**
11 Barrow St. (bet W. 4th St. & 7th Ave.) $35
212-675-7775

West Village **Tomoe Sushi**
172 Thompson St. (Bleecker & Houston) $30
212 777-3346

West Village **YAMA on Carmine St.**
38-40 Carmine St. (Bleecker & Bedford) $37
212 924-6330

West Village **YAMA on Houston St.**
32 Houston St (LaGuardia & Thompson) $37
212 674-0935

East Village **EBISU**
414 E 9th St. (bet. 1st Ave. & Ave. A) $30
212-979-9599

East Village **Gyu-Kaku**



Gyu-Kaku Japanese BBQ restaurant in E. Village provides an ample space for a get together. You are your own chef cooking tasty measels perfectly at your table. Meats, seafood and various vegetables are paired with original sauces to bring out the best flavor.

34 Cooper Sq. (bet. 5th & 6th St.) $40
212-475-2349 www.gyu-kaku.com

East Village **Hasaki**



Serving authentic Japanese food since 1994 our Edomae style sushi is made only by experience sushi chefs. Cozy Japanese garden in back yard open for summer. Try daily special from sushi bar and kitchen. Also offering seasonal delicacies.

210 E. 9th St. (bet. 2nd & 3rd Ave.) $35
212-473-3327 www.hasakinyc.com

East Village **Japonica**
100 University Pl. (at 12th St.) $40
212-243-7752

East Village **Kanoyama**
175 2nd Ave. (at 11th St.) $35
212-777-5266

East Village **Kasadela**
647 E 11th St. (bet. Ave. B & C) $30
212-777-1592

East Village **Shabu-Tatsu**
216 E. 10th St. (bet. 1st & 2nd Ave.) $33
212-477-2972

East Village **Takakachi**
85 Ave. A (bet. 5th & 6th St.) $35
212-505-8524

Lower Mhn **EN Japanese Brasserie**
435 Hudson St. (at Leroy St.) $40
212-647-9196

Lower Mhn **Ise Downtown**
50 Pine St. (bet. William & Pearl St.) $35
212 785-1600

Lower Mhn **Kitchen Club**
30 Prince St. (at Mott St.) $35
212 274-0025

Lower Mhn **Sachiko's on Clinton**



High-end yet affordable authentic-style Japanese sushi/sake restaurant in the heart of LES with tranquil garden for outside dining. Perfect for private parties, business meetings, birthday parties and holiday events. Delivery and catering services available.

25 Clinton St (bet. E. Houston & Stanton St.) $33
212-253-2900 www.sachikosonclinton.com

Lower Mhn **Sui**
54 Spring St. (Lafayette and Mulberry) $35
212-965-9838

Lower Mhn **Takahachi Tribeca**
145 Duane St. (Church & W. Broadway) $36
212-571-1830

Brooklyn **Bozu**



Japanese fusion tapas with home-made infused Japanese spirits and more than 20 varieties of sakes. Try our sushi bombs which decorated round sushi, and don't forget our huge summer time patio. 6pm-12am (Mon-Thu, Sun) 6pm-1am (Fri. & Sat)

296 Grand St (bet. Havemeyer & Roebling) $30
718-384-7770 www.e-bozu.com

Brooklyn **Osaka**
272 Court St. (bet. Butler & Douglass St.) $30
718-855-0044

Brooklyn **Sahura Cafe**
388 5th Ave. (bet. 6th & 7th Ave.) $38
718-832-2670

Brooklyn **Tanzan**
7116 18th Ave. (at 71st St.) $32
718-621-3238

Queens **Shiro of Japan Atlas Pk**
80-40 Cooper Ave. (at 80th St.) $30
718-326-8704

Upstate **Hayme**
267 Halstead Ave. Harrison NY 10528 $35
914-777-1543

Upstate **Kiko House**
11-21 E Washington Ave. Pearl River NY $30
845-735-8896

Upstate **Noda**
200 Hamilton Ave. White Plains NY 10601 $40
914-949-0000

IZAKAYA



SAKE BAR Hagi

Conveniently located in Midtown West, Sake Bar Hagi serves variety of hot sake and shochu at the bargain prices. You can watch sporting events on a large plasma screen TV or just spend quality time with your friends in this homey bar.

Sake Bar Hagi

152 W. 49th St. (bet. 5th & 7th Ave.) 212-764-8549



初花 PARK

237 Park Avenue (bet. 45th & 46th St) Tel. 212 661 3400
Monday - Friday 11:45am-2:45pm (Lunch) 5:30pm-10pm (Dinner)

Complementary Apéritif with this coupon when ordering PrixFixe!

Aburiya PrixFixe $45 (minimum order 2)



Aburiya Kinnosuke
213 East 45th St. (bet 2 & 3 Ave) 212-867-5454

Upstate **Tsuru** $30
255 N Central Ave Hartsdale NY 10530
914-761-0057

Long Island **Benihana** $30
Northern Blvd Munsey Park NY 11030
516-627-3400

Long Island **Benihana** $30
320 Merchant's Concourse Westbury
516-222-6091

Long Island **Bonbori** $40
14 Elm St Huntington NY 11743
631-673-0400

Long Island **Inatome Steak House** $30
11 5th St Valley Stream NY 11581
516-872-0419

Long Island **Isona** $30
214 Jericho Tpk Floral Park NY 11001
516-437-4552

Long Island **Koban Restaurant** $30
2015 Merrick Rd Merrick NY 11566
516-223-8008

Long Island **Koiso** $26
540 Westbury Ave Carle Place NY 11514
516 333 3434

Long Island **Kuro Bern** $30
478 New York Ave Huntington NY 11743
631-673-0040

New Jersey **Ichiban** $30
414 Hackensack Ave Hackensack, NJ 07601
201-490-0301

New Jersey **Komagashi too** $30
Located on waterfront Jersey City Komegashi have the most gorgeous view overlook Manhattan skyline and exciting sushi selections Try our Omakase Royale the freshest pick from chef with select on from Japan and domestic Only 5 min PATH from NYC
98 Town Sq Place Jersey City NJ 07310
201-533-8668 www.komagashi.com

New Jersey **Masa Sushi & Grill** $30
31 W Allendale Ave Allendale NJ 0740
201-934-6616

New Jersey **Matsushima** $35
595 River Rd. Edgewater NJ 07020
201-945-8450

New Jersey **Munster Sushi** $30
395 Springfield Ave Summit NJ 07901
908-598-1100

Connecticut **Fuji Gorden Steak House** $30
215 Liberty St Pawcatuck, CT 06379
860-599-1155

Connecticut **KU** $35
65 E Putnam Ave Cos Cob, CT 06807
203-422-6313

$$$ $41 - 65

Upper East **Donguri** $54
309 E 83rd St (bet 1st & 2nd Ave)
212-737-5656

Upper East **TORI SHIN** $50
TORI SHIN is not an ordinary Yakitori Restaurant! Retro-Tokyo-style Yakitori is made only with organic chicken from PA No smoke from the grill with excellent ventilation Vegetarian dishes available
5:30pm-11:30pm (Mon-Wed) 5:30pm-12:30am (Thu-Sat)
1193 1st Ave (bet 64th & 65th St)
212-861-6400

Upper East **Geisha** $61
33 E 61st St (bet Park & Madison Ave)
212-813-1112

Upper East **Sushi San-nin** $53
1420 3rd Ave (bet 80th & 81th St)
212 249-4992

Midtown West **Koi** $62
40 W 40th St (5th & 6th Ave)
212 921-9330

Midtown West **Shimizu** $45
315 W 51st St (bet 8th & 9th Ave)
212-581-1581

Midtown West **Sushiden** $57
123 W 49th St (bet. 6th & 7th Ave)
212-398-2600

Midtown West **Yakitori TOTTO** $44
251 W 55th St (bet Broadway & 8th Ave)
212-245-4555

Midtown East **Ahuriya Kinnosuke** $51
It's such fun trying "dishes you've never heard of at this "different" East Midtown Japanese where many of the delicately flavored" items come off sounding a little bit like going to Tokyo" so "don't expect to hear much English" (Zagat Survey 2007)
213 E 45th St (bet 2nd & 3rd Ave)
212-867-5454

Midtown East **Fusha Asian Cuisine** $45
1065 1st Ave (at 58th St)
212 752-8883

Midtown East **Hatsuhana** $50
17 E 49th St (bet. 5th & Madison Ave)
212 355-3345

Midtown East **Nippon** $49
155 E 52nd St (bet. Lexington & 3rd Ave)
212-758-0225

Midtown East **Restaurant SEO** $60
249 E 49th St (bet. 2nd & 3rd Ave)
212-355-7722

Midtown East **Ringo** $53
205 E 45th St (bet 2nd & 3rd Ave)
212-867-4200

Midtown East **Sakagura** $50
Largest Sake bar in the world with 200 varieties of sake and seasonal daily specials Hand made sake and a combination of soba with a nice dish for lunch are popular Amazing hideout situated on the basement level is perfect for couples Private party is available
211 E 43rd St #1F (bet 2nd & 3rd Ave.)
212-953-7253 www.sakagura.com

Midtown East **Sushi ANN** $60
38 E 51st St (bet Park & Madison Ave)
212 755-1700

Midtown East **Sushiden** $57
19 E 49th St (bet. 5th & Madison Ave.)
212 758-2700

Midtown East **Torys** $44
The sister restaurant of Yakitori Totto, Torys is the newest Yakitori spot in Midtown Menu showcases every imaginable part of chicken faultlessly skewered and grilled to perfection Torys offers awesome Okonawa-inspired dishes Open for lunch and dinner
248 E 52nd St 2Ft (bet 2nd & 3rd Ave)
212-913-1900 www.torysnyc.com

Chelsea **Naka Naka** $50
48 W 17th St (at 10th Ave)
212 929-6544







Chelsea **Ono** $60 L
Gansevoort Hotel 18 9th Ave (at 13th St) 212-660-6766

Gramercy **BUTAI** $42 D L
115 E 18th St (bet Park Ave & Irving Pl) 212-387-0555

Gramercy **JAPONAIS** $50 Su D L
111 E 18th St (bet Irving Pl & Park Ave S) 212-260-2020

West Village **Aki** $41 M D L
181 W 4th St (bet 6th row & Jones St) 212-989-5440

West Village **Blue Ribbon Sushi** $51 D L
119 Sullivan St (bet Prince & Spring St) 212 343-0404

West Village **CHANTO Restaurant** $45 M D L

CHANTO-Upscale and Hip in one CHANTO Upstairs is an elegant fine-dining restaurant, where dinners can enjoy inspiring Japanese cuisine in a trendy atmosphere. CHANTO BAR on street level offers more casual food including sushi and Kobe Beef burgers ($3)
133 7th Ave South (bet 10th & Charles St) 212-463-9696 www.chantonyc.com

West Village **TAKA** $43 M D L
81 Grove St (bet 7th Ave & Bleecker St) 212-242-3694

East Village **JEWEL BAKO** $50 Su D L
239 E 5th St (bet 2nd & 3rd Ave) 212-979-1012

East Village **LAN** $48 D L

Located in E. Village, LAN offers the finest selection of food and sake. World renown Chef Akiyama's creations are always set at yet affordable. Sushi and Japanese beef dishes are among the most popular. Open late. Perfect spot to satisfy your late night craving.
56 3rd Ave (bet. 10th & 11th St) 212-254-1969 www.lan-nyc.com

East Village **Sumile** $45 D L
154 W 13th St (bet 6th & 7th Ave) 212 645-7699

Lower Mhn **MEGU** $50 D L
62 Thomas St (Church & W Broadway) 212-964-7777

Brooklyn **Blue Ribbon Sushi** $51 D L
278 5th Ave (bet 1st St & Garfield) 718-840-0406

Brooklyn **Zenkichi** $50 D L
77 N 6th St (bet Wythe Ave & Berry St) 718-599-8886

Upstate **Nanase** $50 D L
522 Mamaroneck Ave White Plains NY 914-285-5351

New Jersey **KIKU** $45 D L
365 Rt 17 South, Paramus NJ 07652 201 265-7200

Staten Island **Fushimi** $42 D L
2110 Richmond Rd. (at Lincoln Ave.) 718-980-6300

$$$$ $66 or more

Upper West **Asiate** $84 L D
Mandarin Oriental Hotel 35F 212-805-8881

Upper West **Bar Masa** $69 Su L
Time Warner Ctr., 10 Columbus Cir. 4th Fl 212 823-9800

Upper West **Gen** $74 D L
370 Columbus Ave. (bet. 77th & 78th St.) 212-362-4616

Upper West **Masa** $446 Su D L
Time Warner Ctr 10 Columbus Cir 4th Fl 212-823-9800

Upper East **KAI** $79 L D
822 Madison Ave (bet 68th & 69th St.) 212-861-7277

Upper East **Sasabune** $80 Su D L
401 E 73rd St (bet 1st & York Ave.) 212-249-5563

Upper East **Sushi of Gen** $70 M D
402 E 78th St (bet 1st & York Ave.) 212-517 5340

Midtown West **Kobe Club** $120 L
68 W 58th St. (bet 5th and 6th Ave.) 212-644-5823

Midtown West **NOBU 57** $100 D L
40 W 57th St (bet. 5th & 6th Ave.) 212 757 3000

Midtown West **Sugiyama** $90
251W 55th St. (bet. Broadway & 8th Ave.) 212 956-0670

Midtown East **Hakubai** $66 L
The Kitano Hotel 66 Park Ave (at 38th St.) 212-885-7111

Midtown East **Ichimura** $100 Su D
1026 2nd Ave (bet. 54th & 55th St.) 212-355-3557

Midtown East **Inagiku** $79 L
111 E. 49th St. (bet. Park & Lexington Ave.) 212 355-0440

Midtown East **Kuruma Sushi** $100 D L
7 E. 47th St. 2nd Fl (5th & Madison Ave) 212-317-2802

Chelsea **MORIMOTO** $90 D L
88 10th Ave (bet 15th and 16th St.) 212 989-8883

West Village **Ushiwakamaru** $80 D L
136 Houston St (Sullivan & MacDougal) 212 228-4161

Lower Mhn **NINJA** $70 D
25 Hudson St. (bet. Duane & Reade St.) 212 274-0500

Lower Mhn **NOBU** $100 D L
105 Hudson St. (at Franklin St.) 212 219-0500

Lower Mhn **NOBU NEXT DOOR** $75 D
105 Hudson St. (Franklin & N. Moore St.) 212 334-4445

CAFE

Upper West **Beard Papa's Upper W.**

We bake our special choux pastry several times daily and our secret recipe of whipped cream custard is made on the premise. You can taste the difference of our cream when it is served only the freshest cream puffs with the highest quality ingredients!
2167 Broadway (at 76th St.) 212 799-3770 www.mugmhouse.com
Cream Puffs

Upper East **Choux Factory** Cream Puffs
1685 1st Ave. (bet 87th & 88th St.) 212 288-2028

Midtown East **Cafe Zaiya Midtown E** Bakery
18 E 41 St. (bet. 5th & Madison Ave.) 212 779-0900

Midtown East **Choux Factory** Cream Puffs
986 1st Ave. (bet 49th & 49th St.) 212 223-0730

West Village **Beard Papa's W. Village** Cream Puffs
6 Corinne St. (bet 6th Ave & Bleecker St.) 212 989-8855

East Village **Beard Papa's Astor Pl** Cream Puffs
740 Broadway (bet. Astor & Waverly Pl.) 212 353-8343

East Village **Cafe Zaiya East Village** Bakery
69 Cooper Sq. (at St. Marks St.) 212 243-4020

East Village **Gateaux Bakery** Bakery
494 Kinderkamack Rd. Rivervedge NJ 07661 201-634-1131

East Village **PANYA** Bakery
10 Stuyvesant St (bet. 2nd & 3rd Ave.) 212 777-1130

Lower Mhn **Tasty Natural Desserts** Dessert Bar
150 Centre St. (at Walker St.) 212-219-8189

New Jersey **Parisienne** Bakery
250 Main St Fort Lee NJ 07024 201-592-9879

KARAOKE

Upper East **Iggy's** no charge
1452 2nd Ave (bet. 75th & 76th St.) 212-327-3043

Midtown East **Japas 27** $5/h /person
366 3 d Ave (bet. 26th & 27th St.) 212-889-2323

Midtown East **Japas 38** $5/h /person
9 E. 38th St. (bet. 5th & Madison Ave.) 212-679-4040

Midtown East **Karaoke Cube** $5/h /person
238 E. 53rd St. 4th Fl (bet. 2nd & 3rd Ave.) 212 8755-1857

Korea Town **iBop Karaoke** $9/h
25 W 35th St. 3rd Fl (bet. 5th and 6th Ave.) 646-752-4695

Korea Town **Karaoke Duet** $4/h /person
53 W. 35th St. 2nd Fl (bet. 5th & 6th Ave.) 646-473-0128

Korea Town **Tinga Tinga Karaoke** $40/h /box
152 Madison Ave. 6th Fl (bet 32nd & 33rd St.) 212 213-0875

Korea Town **Toto Music Studio** $55/h /box
38 W. 32nd St. #5 (bet. 32nd and 33rd St.) 212-564-6844

Chelsea **Karaoke One7**

Karaoke One7 offers the city's largest song select on of over 80 000 on 13 different languages and new songs are added monthly. Sing at the bar for $2 per song or sing with your friends in a room equipped with a Hi-Fi sound plasma TV. Wide variety of drinks available from the bar. Drinks are half price during Happy Hour (2pm – 7pm) with some restrictions. Open 7 days from 2pm to 4am. Large party rooms available. Call for reservations.
212-675-3527 www.karaoke17.com $2/song
29 W 17th St (bet 5 & 6ave)

East Village **Lush Lounge** 35/h /box
9 E 13th St (bet. 5th Ave. & University Pl.) 646-486-3225

East Village **Planet Rose** $2/song
219 Avenue A (bet. 13th & 14th St.) 212-353-8500

East Village **Sing Sing (Ave. A)** $7/h per person

Among the newest and trendiest restaurants on Avenue A, Sing Sing offers a bar lounge and 15 private rooms for karaoke. It is a perfect place for get-together with friends after dinner. Large party rooms are available for up to 30 people. OPEN 7 DAYS
61 Avenue A (bet. 5th & 6th St.) 212-674-0700 www.karaokesingsing.com

East Village **Sing Sing (St. Marks)** $7/h per person

Conveniently located on St. Marks Street in the heart of East Village. Sing Sing is a karaoke lounge with 16 Private Rooms. This brand new lounge is a great spot for young adults who love to sing. OPEN 7 DAYS 1:00PM-4:00AM. Party@karaokesingsing.com
9 St. Marks Pl. 2nd Fl (bet. 2nd & 3rd Ave.) 212-387-7800 www.karaokesingsing.com

Lower Mhn **Asia Roma Bar & Lounge** no charge
40 Mulberry St. (at Worth St.) 212-385-1133

Lower Mhn **Buny Karaoke Bar** $30/h /hour
8 Thompson St. 2Fl (bet. 6th Ave. & Canal St.) 212-334-5490

Restaurant Guide Reference

1 **Chelsea** **Chopsticks NY** 2 3 4 $24 Su D L 5 6 7
30 W. 26th St. (bet. Broadway & 6th Ave) 212-431-9970

1. Area
2. Average price for dinner entree & drink (Sake or Wine)
3. Day closed
4. Sushi Bar Available
5. Delivery
6. Ambiance (Business Dining)
7. Lunch Open

Other Asian Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available | L Open for Lunch
M Tu W Day Close | Delivery
Th F Sa Su | Family Dining
Romantic Dining | Local Favorite
Vegetarian Friendly | Business Dinner

$ $25 and below

CHINESE

Upper West **Hunan Park** $23 L
235 Columbus Ave (bet. 70th & 71st St.)
212 724-4411

Upper West **Ivy's Cafe** $23 L
154 W 72nd St (Broadway & Columbus Ave.)
212 787-3333

Upper East **Hunan Balcony** $16 L
1650 3rd Ave (bet. 92nd & 93rd St.)
212 517-2088

Upper East **Lih's Noodle & Grill** $22 L
1500 3rd Ave (bet. 84th & 85th St.)
212 535 1313

Midtown West **Joe's Shanghai** $20 L
24 W 56th St (bet. 5th & 6th Ave.)
212 333 3868

Midtown West **Ollie's** $15 L
200 W 44th St (bet. 7th and 9th Ave.)
212 921-5888

Midtown West **Tong's Pavilion** $20 L
65 W 55th St (bet. 5th & 6th Ave.)
212 956-6688

Midtown West **Wu Liang Ye** $25 L
36 W 49th St (bet. 5th & 9th Ave.)
212 398-2308

Midtown East **Dynasty Sung** $25 L
511 Lexington Ave (at 48th St.)
212 355 1200

Midtown East **Mee Noodle Shop** $15 L
922 2nd Ave (at 49th St.)
212-888-0027

Chinatown **Grand Sichuan** $23 L
227 Lexington Ave (bet. 33rd & 34th St.)
212-679-9770

West Village **Empire Szechuan** $15 L
173 7th Ave. S. (at Perry St.)
212 243-6045

Lower Mhn **Dim Sum Go Go** $15 L
5 E. Broadway (bet. Catherine & Oliver St.)
212 732-0797

Lower Mhn **Golden Unicorn** $15 L
18 E. Broadway (Eldridge & Catherine St.)
212 941-0911

Lower Mhn **Jing Fong** $15 L
20 Elizabeth St. (bet. Bayard & Canal St.)
212 964-5256

Lower Mhn **Joe's Ginger** $15 L
25 Pell St. (at Doyers St.)
212 285-0333

Lower Mhn **Lin's Dumpling House** $10 L
28 Bowery (at Bayard St.)
212-349-0923

Lower Mhn **Mandarin Court** $15 L
61 Mott St. (bet. Bayard & Canal St.)
212-608-3838

Brooklyn **Faan** $15 L
209 Smith St. (bet. Baltic & Butler St.)
718-834-2277

KOREAN

Korea Town **Book chang dong** $15 L
34 W 32nd St (bet. 5th Ave. & Broadway)
212 736-9002

Korea Town **Dons Bogam** $25 L
17 E. 32nd St. (bet. 5th & Madison Ave.)
212-679-2200

Korea Town **Franchia** $25 L
12 Park Ave (bet. 34th & 35th St.)
212-213-1001

Korea Town **HAN BAT** $15 L
53 W 35th St. (bet. 5th & 6th Ave.)
212-629-5588

Korea Town **HANGAWI** $20 L
12 E. 32nd St. (bet. 5th & Madison Ave.)
212 213-0077

Korea Town **Hyo Dong Gak** $15 L
51 W 35th St. (bet. 5th & 6th Ave.)
212 695-7167

Korea Town **Kontang House** $15 Su L
32 W 32nd St. (bet. 5th Ave. & Broadway)
212-947-8882

Korea Town **Kum Gang San** $20 L
49 W 32nd St. (bet. 5th Ave. & Broadway)
212-967-0909

Korea Town **Seoul Garden** $15 L
34 W 32nd St. (bet. 5th Ave. & Broadway)
212-736-3002

Korea Town **Shilla** $25 L
37 W 32nd St. (bet. 5th Ave. & Broadway)
212-967-1880

Korea Town **Won Jo** $20 L
23 W 32nd St. (bet. 5th Ave. & Broadway)
212-695-8115

Korea Town **Woo Chon** $20 L
10 W 38th St. (bet. 5th & 6th Ave.)
212-535-0575

West Village **Penang Gumay Driva** $20 L
541 La Guardia Pl. (W. 3rd & Bleecker)
212-477-0900

East Village **Bon Joo** $20 L
107 1st Ave. (bet. 6th & 7th St.)
212 505-7374

East Village **Dok Suni's** $15
11a 1st Ave. (bet. 7th St. & St. Marks Pl.)
212-477-3508

East Village **Sura** $25 L
105 E. 3th St. (bet. 3rd & 4th Ave.)
212 292-0380

Lower Mhn **Kori** $15 Su L
253 Church St. (bet. Leonard & Franklin St.)
212 334-0900

Lower Mhn **Li Hua** $12 L
171 Grand St. (bet. Centre & Baxter St.)
212-343-0090

Brooklyn **Dokebi** $20 L
199 Grand St. (bet. Bedford and Driggs Ave.)
718-782-1424

Upstate **Kolbi House** $20 L
291 Central Ave. White Plains NY 10606
914-329-0251

CHOPSTICKS *Tricks & Trivia*

Brew the best green tea – it is simple



①Put dry tealeaves into a teapot of water
②Pour some hot water into cups and let them sit to cool the temperature and give some warmth to the cups
③Leave it until tea is finished brewing around 1-2 minutes..
④Pour an equal amount of tea into each cup to make each tea's taste equal

Songsri
Since 1972
THE BEST AUTHENTIC THAI RESTAURANT
OPEN 7 DAYS 11:30am-11:30pm



Recommended by:
THEATRE WEEK
NEW YORK TIMES
ZAGAT

Four Convenient Locations
Chinatown
106 Bayard St. (Corner of Baxter St.)
212-349-3132
Gramercy Park
311 2nd Ave. (Corner of 18th St.)
212-477-2727
Chelsea
165 W 23rd St. (Bet. 6th & 7th Ave.)
212-645-8808
Theater District
244 W 48th St. (Bet. 8th Ave. & Broadway)
212-582-3392

Unique taste of Bangkok in the heart of NYC.



BANGKOK HOUSE
360 W 46th St
(bet 8th & 9th Ave)
tel: 212-541-5943
www.bangkokhousenyc.com

YUM YUM BANGKOK
650 9th Ave
(bet 45th & 46th St)
tel: 212-262-7244
www.yumbangkoknyc.com

YumYum
658 9th Ave
(Corner of 46th St)
tel: 212-956-0639
www.yumyum3.com

New Jersey **Gam Mae Ok** $12
485 Main St, Fort Lee NJ 07024
201-242-1333

THAI

Upper East **Jasmine** $25
1613 2nd Ave (at 84th St)
212-517-4854

Upper East **Sa-Woy** $20
1475 1st Ave (at 77th St)
212-744-7374

Upper East **Spice** $25
1411 2nd Ave (bet. 73rd & 74th St)
212-988-6346

BANGKOK HOUSE



Established in summer of 2002 Bangkok house has been recognized as one of the best Thai restaurants in Manhattan It features a great location near both Times Square and all Broadway Theaters Listed one of the top ten best Thai restaurant in NYC by "Citysearch"

350 W 46th St (bet 8th & 9th Ave) $15
212-541-5343 www.bangkokhousenyc.com

Midtown West **Chanpen Thai** $20
761 9th Ave (at 51st St)
212-586-6806

Midtown West **Pongsri Thai** $20
244 W 48th St (bet. Broadway & 8th Ave.)
212-582-3382

Midtown West **Topaz Thai** $15
127 W 56th St (bet. 6th & 7th Ave)
212-957-6020

YUM YUM 3



YUM YUM 3 is the third and most exciting yet of the Yum Yum family of restaurants Conveniently located at corner of 46th St and 8th Ave we offer the most authentically tradit onal Thai menu and most affordable prices you can find in Manhattan

958 8th Ave (bet corner of 48th St) $15
212 956-0839 www.yumyum3.com

Midtown West **YUM YUM BANGKOK** $15



Casual-hip atmosphere inexpensive but very worthwhile consume fun place to chill We feature a variety of authentic Thai cuisine seafood beef duck and chicken dishes and weekly Chef's special Prix-fixe Special only $14.95

550 8th Ave (bet 45th & 46th St)
212 262 7244 www.yumbangkoknyc.com

Chelsea **Pad Thai** $20
114 8th Ave (bet. 15th & 16th St)
212 691-6225

Chelsea **Pongsri Chelsea** $20
165 W 23rd St (bet. 6th & 7th Ave.)
212 645-4828

Chelsea **Regional Thai** $15
205 7th Ave (bet. 21St & 22nd St)
212 807-6972

Chelsea **Royal Siam** $15
240 8th Ave (bet. 22nd & 23 dSt)
212 741-1732

West Village **Galanga** $15
149 W 4th St (bet Macdougal & 6th)
212 228-4267

West Village **Lemongrass Grill** $22
5 E 13th St (bet 5th Ave & University Pl)
212 242-0606

East Village **Holy Basil** $15
149 2nd Ave (bet. 9th & 10th St.)
212-460-5557

East Village **Klong** $25
7 St. Marks Pl (bet. 2nd & 3rd Ave.)
212-505-3455

East Village **SEA** $15
75 2nd Ave (bet. 4th & 5th St.)
212-228-5505

Lower Manhattan **Kin Khao** $25
171 Spring St (Thompson & W Broadway)
212-966-3939

Lower Manhattan **Paep** $15
177 Prince St (bet Sullivan & Thompson St.)
212 254-7337

Brooklyn **Lily Thai** $10
615 Grand St. (bet. Leonard & Lorimer St.)
718-218-7522

Brooklyn **SEA** $24
114 N. 5th St. (at Berry St.)
718-384-2850

Brooklyn **Tuk Tuk** $12
204 Smith St. (bet. Baltic & Butler St.)
718-222-8539

VIETNAMESE

Upper West **Saigon Grill** $21
620 Amsterdam Ave (at 90th St.)
212-875-0072

Upper East **Asia Grill** $20
1238 2nd Ave (at 65th St.)
212 753-5818

Upper East **Baonthai** $12
1393A 2nd Ave (bet. 72nd & 73rd St)
212-249-9484

Upper East **Vermicelli** $20
1492 2nd Ave (bet. 77th & 78th St.)
212 288-8888

Koreatown **PHO32** $15
2 W 32nd St (bet 5th Ave & Broadway)
212-695-0500

Chelsea **Lannam** $15
303 3rd Ave (bet 27th & 28th St.)
212-696-5151

Chelsea **O Mai** $25
58 9th Ave (bet. 13th & 20th St.)
212-633-0550

West Village **Saigon Grill** $21
91 Univers ty Pl (bet. 11th & 12th St.)
212-982-3581

Lower Manhattan **HOIAN** $15
135 W Broadway (bet Thomas & Duane St.)
212-233-1333

Lower Manhattan **Nam** $25
110 Reade St. (Church & W Broadway)
212 267 1777

Lower Manhattan **Nha Trang** $15
87 Baxter St (bet. Bayard & Canal St.)
212-233-5948

Lower Manhattan **Pho Tu Do** $15
11a Bowery St (bet. Hester & Grand St.)
212-966-2868

Lower Manhattan **Viet Cafe** $25
345 Greenwich St (bet Harrison and Jay St.)
212-431-5888

OTHER

Upper East **Amber** $25
1406 3rd Ave (at 80th St.)
212-249-5020

Midtown West **Blue Chili** $20
251 W 51st St (bet. 8th & Broadway)
212-489-5237

Midtown West **VYNL** $25
754 9th Ave (bet 50th and 51th St.)
212-974-2003

Midtown West **Zen Palate** $25
663 9th Ave (at 46th St.)
212-582-1808

Times Square **Zen** $15
11 W 56th St (bet 5th & 6th Ave.)
212-957-9541

Midtown **Planet Thailand 212** $25
30 W 24th St (bet 5th & 6th Ave.)
212-727-7026

Chelsea **Rice on Lexington Ave** $15
115 Lexington Ave. (at 28th St.
212-696-5900

Chelsea **Vela** $20
56 W 21st St (bet. 5th & 6th Ave.)
212-675-8007

West Village **Cafe Asean** $22
117 W 10th St (Greenwich & 6th Ave.)
212-633-0348

East Village **Friendhouse** $15
90 3rd Ave (bet. 12th & 13th St.)
212-388-1936

East Village **Lannam** $20
121 University Pl (at 13th St.)
212-420-1179

East Village **MA*YA** $20
234 E 4th St (bet Ave A & B)
646-313-1907

East Village **Skiki Kitchen** $25
135 1st Ave (bet 9th & St Marks Pl)
212-614-1605

Lower Manhattan **Franklin Station Cafe** $10
222 W Broadway (bet Franklin & White St.)
212-274-8525

Lower Manhattan **Kampuchea Noodle Bar** $25
78 Lexington St (at Allen St.)
212-529-3901

Brooklyn **Chat Home Kitchen** $16
124 N. 6th St (at Berry St.)
718-599-5888

Brooklyn **Planet Thailand** $24
133 N 7th St (bet Bedford Ave & Berry St.)
718-599-5758

New Jersey **Bistro En** $25
252 Degraw Ave Teaneck NJ 07666
201-692-0700

$$ $25 - 40

CHINESE

Upper East **Cafe Evergreen** $20
1298 1st Ave (bet 69th & 70th St.)
212-744-3266

Upper East **Pig Heaven** $32
1540 2nd Ave (bet 80th & 81st St.)
212-744-4333

Upper East **Shanghai Pavilion** $37
1378 3rd Ave (bet 78th & 79th St.)
212 585-3388

Upper East **Wu Liang Ye** $25
215 E 86th St (bet 2nd & 3rd Ave.)
212-534-6699

Midtown East **Our Place Shanghai** $30
141 E 55th St (bet Lexington & 3rd Ave.)
212-753-3900

Midtown East **Peking Duck House**



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236 E 53rd St (bet 2nd & 3rd Ave.) $33
212-753-3200

Midtown East **Tse Yang Restaurant** $40
34 E 51st St (bet Park & Madison Ave.)
212-688-5447

Chelsea **Bright Food Shop** $25
216-218 8th Ave (at 21St St.)
212 243-4433

West Village **Chow Bar** $38
230 W 4th St (W 10 & Christopher St.)
212-633-2212

KOREAN

Midtown East **Korea Palace** $35
127 E 54th St (bet. Park & Lexington Ave.)
212-832-2350

Korea Town **Kang Suh** $30
1250 Broadway (at 32nd St.)
212-564-8645

West Village **Do Hwa** $39
55 Commerce St (at Bedford St.)
212-414-1224

THAI

Upper West **Land** $26
450 Amsterdam Ave (bet. 81st & 82nd St.)
212-501-8121

Midtown West **Chat Home Kitchen** $30
530 9th Ave
212 707-8778

Chelsea **Jaya Thai** $28
396 3rd Ave. (bet. 28th & 29th St.)
212-689-1330

VIETNAMESE

Midtown East **Boi** $40
249 E 44th St (bet 2nd & 3rd Ave.)
212-681-0541

Chelsea **Bao Noodles** $25
351 2nd Ave (bet. 22nd & 23rd St.)
212 725-7770

Lower Manhattan **Mai House** $35
186 Franklin St (Greenwich and Hudson)
212-431-0606

OTHER

Upper West **Hispaniola** $39
838 W 181st St (at Cabrini Blvd.)
212-740-5222

Upper West **Rain** $40
100 W 82nd St (Amsterdam & Columbus)
212-501-0778

Midtown West **Rue 57**
60 W 57th St (at 6th Ave)
212-307-5656 — $40

West Village **Gobo**
401 6th Ave (bet. 8th & Waverly St)
212 255-3242 — $31

East Village **Lucky Changs**
24 1st Ave (bet. 1st & 2nd St)
212-473-0516 — $40

East Village **O G.**
507 E 6th St (bet. Ave A & B)
212 477-4649 — $30

Lower Mid **CHUBO**
6 Clinton St (bet. E. Houston & Stanton St)
212-674-4300 — $40

New Jersey **AOZORA Restaurant**
407 Bloomfield Ave Montclair NJ 07042
973-233-9100 — $30

$$$ $41 - 65

CHINESE

Upper West **Shun Lee West**
43 W/S St (Columbus & Central Pk W)
212 595-8895 — $52

Upper East **Philippe**
33 E 60th St (bet. Madison & Park Ave)
212-644-8885 — $50

Midtown West **China Grill**
CBS Building, 60 W 53rd St (at 6th Ave)
212-333-7788 — $65

Midtown **Chiam Chinese Cuisine**
160 E. 46th St (bet. Lexington & 3rd Ave)
212-371-2323 — $44

Midtown East **Chin Chin**
216 E 49th St (bet. 2nd & 3rd Ave)
212-888-4555 — $46

Midtown East **Shun Lee Palace**
155 E. 55th St (bet. Lexington & 3rd Ave)
212 371-8844 — $52

Lower Mid **Mr.Chow Tribeca**
121 Hudson St (at N. Moore St.)
212-965-9500 — $60

KOREAN

Lower Mid **Woo Lae Oak**
148 Mercer St (bet. E Houston & Prince St)
212 925-8200 — $50

THAI

Lower Mid **Kittichai**
60 Thompson St (bet. Broome & Spring)
212 219-2000 — $56

VIETNAMESE

Midtown East **La Colonial**
149 E. 57th St (bet. Lexington & 3rd Ave)
212 752-0808 — $50

OTHER

Upper West **Ruby's Foos Uptown**
2162 Broadway (bet. 77th & 78th St)
212 724-6700 — $41

Midtown East **Aja Asian Bistro**
1066 1st Ave (bet. 58th & 59th St.)
212-808-8008 — $43

Midtown East **Asia De Cuba**
237 Madison Ave (bet. 37th & 38th St)
212-726-7755 — $50

$$$$ $66 or more

CHINESE

Midtown East **MR Ka**
570 Lexington Ave (at 51st St)
212-583-1668 — $75

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A Must-have ingredient "Mirin" For much deeper flavor

Mirin is Japan's original seasoning, used in neither China nor Korea. It is a yellow colored liquid with a sweet flavor, which contains around 40 to 50% sugar and 14% alcohol. The included alcohol holds fishy smells that help its flavor to penetrate food and prevent ingredients from crumbling. It adds a moderate sweetness and taste to food. There are two different types of mirin – hon mirin and shin mirin – they differ in alcohol content. Hon mirin contains about 14% alcohol whereas shin mirin has less than 1% alcohol. The latter is used for cooking. You will find that most teriyaki sauces include mirin as a main ingredient. Add a dash of mirin to dishes such as sukiyaki and tempura for a rich, lustrous flavor! Sushi owes its fresh touch to mirin as it is used in preparation for New York's favorite health food. Takara and Mitsukan are well-known Japanese brands available among others in most.

Go grocery shopping. Mirin is here!

I went to Mitsuwa via shuttle bus from Port Authority to the biggest Japanese shopping complex in the NY Metro area (and arguably in the continental U.S.) After a 30-minute ride, I arrived in front of a bookstore window lined with Japanese covers. Across the way, bulletins and moving sale posters are tacked on vestibule walls after which a food court opens onto a vast supermarket floor. Beyond the cafeteria are about 10-double-rows of primarily imported goods. You will find mirin, an essential seasoning used in Japanese cuisine in the condiments aisle next to soy sauce, cooking sake, and vinegar. It may be hard to distinguish from vinegar. Look for a slightly thicker consistency. With a low alcohol content and sweet taste mirin is comparable to a sweet cooking wine – golden in color - made from glutinous rice. It is a great replacement for sugar and gives an added flare to a variety of dishes, sauces and glazes. Mirin can also be used to mask the smell of fish.



Cooking Advisor

Reiko Yamada



A celebrity-cooking teacher in Tokyo, Reiko Yamada brings a special femininity to her sophisticated cuisine. Her warm personality and wealth of cooking knowledge keep her classes highly sought after. An advisor to health institutions and food service providers, Ms. Yamada also develops menus for some of Tokyo's leading restaurants.
Reiko-cooking@nifty.com reiko-cooking@bizweb.ne.jp

Broiled tomatoes with Mirin

kcal

INGREDIENTS

- ❑ **Tomato**
- ❑ **Mirin**

INSTRUCTIONS

1. Peel the skin from the tomatoes and take their stems off.
2. Place the tomatoes in a saucepan with enough Mirin to soak them in.
3. Boil them for 30 minutes under a moderate flame.
4. Chill them and they are ready to eat.

*These delicious tomatoes can also be served for dessert.



Yakitori

kcal

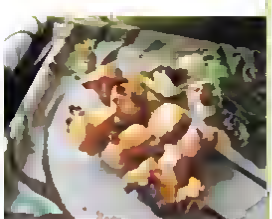
1 skewer

INGREDIENTS

- ❑ **Chicken thigh** 1lb
- ❑ **Long green onion**
- ❑ **Shishito** (a small sweet green pepper)

Sauce

- ❑ **Soy sauce** 5 Tbsp
- ❑ **Mirin** 4 Tbsp
- ❑ **Sugar** 1 Tbsp



INSTRUCTIONS

1. Cut chicken into bite size pieces.
2. Thread each skewer with four pieces of chicken.
3. Roast the skewers on the broiler and pour the sauce over them.
4. Cut the vegetables into small pieces and roast them on the broiler too.
5. Set them near the chicken on the dish and it is finished.

photos by Naoko Nagai

Grocery & Liquor Guide

The following is a list of stores where you can buy Japanese food and liquor.

GROCERY

JAS Mart 1
2867 Broadway (bet. 110th & 111th St.)
212-866-4740
Japanese

M2M B way & 114th
2805 Broadway (bet. 114th & 115th St.)
212-280-6600
Japanese

47St Japanese Deli



Japanese style convenience store open in Midtown. A variety of Japanese beverages, food, and spices available. Also serve noodle dishes, edamame as well as curry udon and soba. Entire area is an indoor terrace. Open 10am-8pm (M-F), 11am-6pm (Sat), closed (Sun)

143 E 47th St. (bet. Lexington & 3rd Ave.)
212-813-0875
Japanese Grocery

Katagiri & Co., Inc
224 E. 53th St. (bet. 2nd & 3rd Ave.)
212-755-3518
Japanese

Yagura
24 E. 41st St. (bet. 5th & Madison Ave.)
212-679-3777
Japanese

Han Ah Rheum
25 W 32nd St. (bet. Broadway & 5th Ave)
212-695-3283
Korean

CHEZ NOAH



Japanese grocery store CHEZ NOAH is now open in the quiet neighborhood of West Village! Display space for Japanese knives and tableware. Eat-in Cafe to relax after shopping.

800 Washington St. (bet. Morton & Leroy)
212-675-4294
Japanese Grocery

JAS Mart 2
35 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-420-0370
Japanese

JAS Mart 3
34 E. 23rd St. (bet. 5th Ave. & Broadway)
212-677-6882
Japanese

M2M E. Village
200 E. 11th St. (at 3rd Ave.)
212-353-2699
Japanese

Sunrise Mart
4 Stuyvesant St. 2nd Fl. (3rd Ave. & 9th St.)
212-598-3040
Japanese

Pearl River Mart
477 Broadway (Grand St. & Broom St.)
800-878-2448
Chinese

Sunrise Mart, SoHo
494 Broome St. (W. Broadway & Wooster)
212-219-0033
Japanese

Tanjin Mart
81 Mulberry St. (bet. Canal & Bayard St.)
212-962-6622
Japanese

Tanjin Mart
6816 Fort Hamilton Pkwy (at 68th & 69th St.)
718-238-0373
Japanese

Family Market
29-15 Broadway (bet. 29th & 30th St.)
718-956-7325
Japanese

Oishii's Gourmet Market
109-09 71st St. Forest Hills, NY 11375
718-544-1177
Japanese

Sakura-ya
73-05 Austin St. (bet. Ascan Ave. & 73rd Rd.)
718-261-7220
Japanese

Asian Market
91 Colvin Ave. Albany NY 12207
518-489-6168
Chinese

DAIDO
522 Mamaroneck Ave. White Plains NY
914-683-6735
Japanese

OS Seafood
14-16 North Central Ave. Hartsdale NY 10530
914-949-3065
Japanese

Fuji Mart Corp. Scarsdale
616 White Plains Rd. Scarsdale NY 10583
914-472-1456
Japanese

Kam Sen Foods, LLC
22 Barker Ave. White Plains NY 10601
914-428-4599
Japanese

Meidi-Ya
18 North Central Ave. Hartsdale NY 10530
914-949-2178
Japanese

Oishinbo
213 Halstead Ave. Harrison, NY 10528
914-835-4330
Japanese

Nara Japanese Foods
168A Main St. Port Washington, NY 11050
516-883-1836
Japanese

Shin Nippon Oil
63 Middle Ave. Port Washington, NY 11577
516-625-1814
Japanese

Toyo Foods
625 Port Washington Blvd. Port WA, NY
516-944-8464
Japanese

DAIDO
1305 15th St. Fort Lee, NJ 07024
201-944-0020
Japanese

Family Market NJ
10 Franklin Tpk. Waldwick, NJ 07463
201-444-5133
Japanese

Han Ah Rheum
98 Lincoln Hwy Rehway NJ 07065
732-382-5828
Korean

Mitsuwa Marketplace

Mitsuwa MARKETPLACE

Mitsuwa Marketplace in New Jersey is the East Coast's largest Japanese Supermarket. The supermarket sells Japanese dairy and grocery products, sashimi grade fish, fresh vegetables, a full line of Japanese sake, home appliances and many more.

595 River Road, NJ 07020
201-941-9113 www.mitsuwa.com
Japanese Grocery

Ridgewood Fisheries
30 Prospect St. Ridgewood, NJ 07450
201-670-0882
Japanese

Fuji Mart Corp. CT
1212 E. Putnam Ave. Old Greenwich CT 6870
203-698-2107
Japanese

J-Mart
15 Orange St. New Haven CT 06510
203-782-1234
Korean

Cherry Mart
3457 Newbury St. Boston, MA 02115
617-437-1339
Japanese

Kotobukiya
1815 Massachusetts Ave. Cambridge, MA
617-354-8314
Japanese

Yoshinoya
36 Prospect St. Cambridge, MA 02139
617-491-8221
Japanese

LIQUOR

Gotham Wines & Liquors
2517 Broadway (bet. 93rd & 94th St.)
212-932-0990
Sake

Nancy's Wine
313 Columbus Ave. (bet. 74th & 75th St.)
212-877-4040
Sake

Garnet Wine
929 Lexington Ave. (bet. 68th & 69th St.)
212-772-9211
Sake

Mister Wright
1593 3rd Ave. (bet. 89th & 90th St.)
212-722-4564
Sake

Ambassador Wine
1020 2nd Ave. (at 54th St.)
212-421-5078
Sake

Landmark wine
167 W. 23rd St. (6th & 7th Ave.)
212-242-2323
Sake
Shochu

Union SQ Wine
140 5th Ave. (at 18th St.)
212-675-0100
Sake
Shochu

LEDU WINES
800 Washington St. (at Leroy St.)
212-924-8999
Sake

Astor Wine
399 Lafayette St. (at 4th St.)
212-674-7521
Sake

MJK liquor
161 3rd Ave. (bet. 15th & 16th St.)
212-475-9158
Sake

Warehouse Wines
735 Broadway (at W 8th St.)
212-982-7770
Sake

Grenyette Wine
151 Grand St. (bet. Crosby & Lafayette St.)
212-925-1236
Sake

New York Wine EX.
9 Broadway (bet. Morris & Battery Pl.)
212-422-2222
Shochu

September Wines L.E.S.
100 Stanton St. (at Ludlow St.)
212-358-0770
Sake

Heights Chateau
123 Atlantic Ave. Brooklyn, NY 11201
718-330-0963
Sake

Smith and Vine
208 Smith St. (bet. Douglass & Degraw)
718-24-2864
Sake

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12 N. Central Ave. Hartsdale, NY 10530
914-949-5900
Sake/Shochu

Delite SuperMarket
420 Washington St. Hoboken, NJ 07030
201-420-7600
Sake

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The Pursuit of Holistic Healing

By Sam Frank

Working in Manhattan can be stressful. It's a balancing act between meeting project deadlines and being a good parent or spouse. If any of the aforementioned stress factors describes you or someone you know then I have the perfect solution: Shiatsu. At the iDo Holistic Center, owner Yuko Nozaki and her team of specially trained massage therapists, use "Ki Ketsu Energy," known as acupuncture without needles, to help patrons maintain beauty and longevity. Shiatsu (Shi: finger and Atsu: pressure) uses the thumbs and palms of the hands to apply pressure to certain points of the body, helping correct irregularities, maintain or improve health, and assist in the curing of certain illnesses. Not to be confused with some notorious massage parlors, the iDo Holistic Center is a shrine dedicated to spiritual alignment. Being familiar with the stresses that accompany New York City's daily grind, I thought I'd give Shiatsu a try to see what the hype was about.



Your experience starts with yukata


Relax muscles at sauna


Totally refreshed!


Real shiatsu experience

Upon arriving, a staff member immediately greeted and instructed me to take my shoes off. Then I met iDo's owner, Yuko Nozaki, who informed me that the philosophy behind Shiatsu is to secure a smooth passage for blood to travel throughout the body, allowing for easier breathing accompanied by clearer thinking, thus, enhancing one's day to day performance.

I went to the locker room to change into a robe known as a Yukata, and then my shiatsu experience truly began. First, I took a stroll to the sauna where Yuko explained that the heat from sitting in there for about 20 minutes helps loosen the muscles for a more therapeutic massage session. Upon completing this initial preparatory stage that includes a shower to rinse off the sweat, it came time to start the actual massage. My room possessed an astral ambiance due to dim lighting, plant placement, and calligraphy on the wall that read "tsubo," meaning pressure point. The massage therapist explained to me that a person's "tsubo" is a point of sensitivity on the body. Pushing a person's "tsubo" is probably the most painful part of the massage, but it's a good hurt, and when that therapist began pushing the back of my neck I immediately understood the pain of healing. The therapist continued the session as she stood on my lower back with her heels, sat on my back with her knees pushing against my triceps, and used her thumbs to push the muscle knots out of my shoulders. After 45-minutes, I was in a euphoric state of bliss. With a red face and sluggish body, it felt like I had just taken two shots of rum. Before leaving the iDo center, I was treated to a refreshing cup of peppermint tea.

Anyone seeking a healthy form of relaxation complimented by enlightenment will definitely benefit from the traditional shiatsu techniques practiced at the iDo Holistic Center. As an extra incentive iDo is currently running a two-for-one weekend special which allows two people sauna time plus a 40 minutes shiatsu session for a total of $105 (not too shabby!!). The happy-ending you'll receive here is transcendental satisfaction.

9 East 45th St. 8th Fl
(bet. Madison & 5th Ave.) NYC
Tel: 212-599-5300
Fax: 212-599-3443
E-mail: idocenter111@kdd.net
Mon-Fri: 11:30am-10:00pm
(Last Appointment at 9:00pm)
Sat & Sun: 11:30am-8:00pm
(Last Appointment at 7:00pm)
Open 7days a week
www.idocenter.com

MENU

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$90/60min $60/30min

Combination Treatments
+ $30/15min
*Facial Shiatsu
*Foot Shiatsu
*Zen Stretch
*Immune Boost
*Reiki

45min of Basic Shiatsu + one of the combination treatments
$90(60min)

45min of Aroma Shiatsu + one of the combination treatments
$80(60min)

Health Guide

SHIATSU

Midtown West — Salon de Tokya
200 W 57th St #1308 (at 7th Ave.) 212-757-2187 — $70 /50m n

Midtown West — Esprit Wellness
2 W 45th St #1708 (bet. 5th &6th Ave.) 212-864-5676 — $60 /15m n

Midtown East — Kenhodo Inc
333 E 43rd St Lby-O (bet 1st & 2nd Ave.) 212-490-0088 — $80 /60m n

Midtown East — Ido Center
9 E 45th St 5th fl (Madison & 5th) 212-599-5300 — $50 /30m n

Midtown East — Ease Salon
51 E42 St. #1408 (bet. Madison & Vanderbilt) 212-661-5151 — $40 /25m n

Midtown East — Do-in Center
211 E 43rd St #1605 (bet 2nd & 3rd Ave.) 212-687-8114 — $120/h

Chelsea — Ohashi Institute
147 W 25th St 7th Fl (bet 6th & 7th Ave.) 800-810-4130 — $85 /50m n

East Village — Kniny
229 E 9th St. 2nd Fl (bet. 2nd & 3rd Ave.) 212-253-6171 — $45 /50min

Lower Mnh — Howard Beauty



Howard Beauty Salon offers a total beauty care from head to toe. Facial Includes steam, hand massage, pore treatment and moisture pack. Foot massage chairs are equipped with TV. Private rooms available.

34 Howard St 2nd Fl (bet B'way & Lafayette) 212-675-1988 — $35 /60m n

ACUPANCTURE

Upper West — Dr Hong
4167 Broadway (bet 176th & 177th St.) 646-239-9322 — $55/ visit

Upper East — Herbal Fairy Spa
225 E. 84th St. #4 (bet. 2nd & 3rd Ave.) 212-266-3588 — $10 /60min

Midtown West — Yamaguchi Acupuncture
161 W 54th St #21 (bet. 6t & 7th Ave.) 212 245 7566 — $140 /visit

Midtown West — Oriental Health Spa
950 7th Ave #306 (bet. 54th & 55th St.) 212-245-3188 — $70 /60min

Midtown West — NY Accpuncture & Herb
250 W. 57th St #1330 (at Broadway) 212 262-9898 — 200 /visit

Midtown West — Nihon Medical Group
16 W 44th St 10th Fl (bet. 5th & 6th Ave.) 212 575-6910 — $80-

Midtown East — Amy Nature Center
137 E.47th St (bet. 3rd & Lexington Ave.) 212-317 2720 — $80

Midtown West — Eileen (Zhao-Yang) Chen



An acupuncturist licensed in NY, CT and NJ with 25 years of experience specializing in women's problems and infertility. For more information please visit www.activeacupuncture.com

119 W. 57th St. #511 (bet 6th & 7th Ave.) 212-974-2880 www.activeacupuncture.com — Call for price

Midtown East — Acumed Center
150 E. 58th St. #1C (bet. 3rd & Lexington Ave.) 212-888-8877 — $70 /30min

Midtown East — 41st Street Medical
18 E 41st St.(bet 5th & Madison Ave.) 212-663-0041 — $90/ 120min

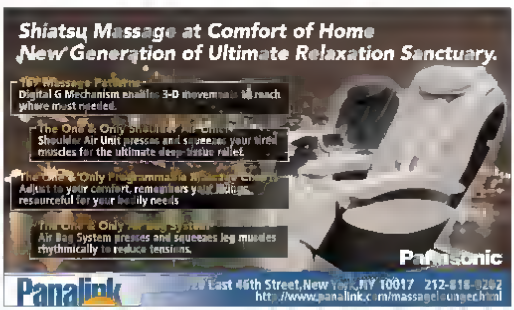
East Village — SuHu Natural Health
1 Union Sq W #715, (at E 16th St.) 212-691-0281 — $90/ visit

HEALTH PRODUCT

Midtown East — Sun Chlorella USA
9 E 41st St 2nd Fl (bet 5th & Madison Ave.) #66-500-5544 — Supplement

Queens — Metro Pharmacy
41-16 30th Avenue Astoria NY 11103 718-204-1414 — Pharmacy

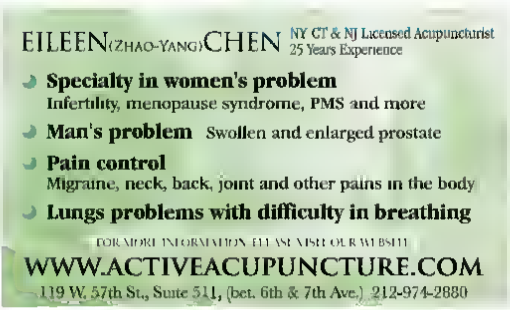
Illinois — June Bees
1330 St. James Ct.Palatine IL 60067 800-507-0541 — Supplement











Beauty Guide

HAIR SALON

Upper East — Giovanni-Secchi
1364 Lexington Ave (bet 90th & 91st St) | 212-360-5557 | F $50- M $30-

Upper East — Michi
209 E 60th St (bet 2nd & 3rd Ave) | 212-752-3279 | F $60- M $50-

Midtown West — Hisako Salon
9 W 46th St 2nd Fl (bet. 5th & 6th Ave.) | 212-764-7740 | F $45- M $40-

Midtown West — Mingle New York
10 W 56th St 2nd Fl (bet. 5th & 6th Ave.) | 212-459-3320 | F $70- M $70-

Midtown West — Mitzu
57 W 57st St #1204 (at 6th Ave.) | 212-757-6360 | F $125 M $95

Midtown West — VIJIN
10 Rockefeller Plaza,Concourse Level | 212-357-2222 | F $58- M $52

Midtown East — Hair Mates Midtown
114 E 40th St (bet. Park & Lexington Ave.) | 212-986-2830 | F $50 M $50

Midtown East — Izumi Salon
22 E 49th St 2nd Fl (Madison & 5th Ave) | 212-588-0468 | F $55- M $43-

Midtown East — Kiara
515 Madison Ave. (at 53rd St.) | 212-593-2093 | F $45- M $37

Midtown East — Momotaro



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645 5th Ave. 2nd Fl. (bet. Madison & 5th Ave.) | 212-759-2992 | F $68- M $48-

Midtown East — Manish
231 E. 53rd St (bet. 2nd & 3rd Ave.) | 212-755-2223 | F $45- M $35-

Midtown East — rin+NY Hair Salon
805 3rd Ave. 2nd Fl. (bet 49th & 50th St.) | 212-644-8058 | F $70 M $50

Midtown East — Salon Shin
141 E 47th St. (bet. 3rd & Lexington Ave.) | 212 753-0330 | F $60- M $45-

Midtown East — Shige Kosuda
141 E 55th St. (bet. 3rd & Lexington Ave.) | 212-759-2387 | F $70- M $50-

Chelsea — Hisako Salon
183 7th Ave. (bet. 20th & 21St.) | 212-989-2233 | F $48- M $40-

Chelsea — Hoshi Coupe I
269 W. 19th St. (bet. 7th & 8th Ave.) | 212 255-0770 | F $50 M $50

Chelsea — KIWA Salon
234 W. 27th St. (bet. 7th & 8th Ave.) | 212-620-3648 | F $55 M $55

Gramercy — Hayato New York
125 E. 23rd St. 2nd Fl. | 212-473-7373 | F $60- M $60-

West Village — SEI-TOMOKO
142 W. 4 St (Washington Sq. Pk & 5th Ave) | 212-477-5475 | F $35 M $35

East Village — AK Salon
90 St. Marks Pl (bet. Ave. A & 1st Ave.) | 212-260-8703 | F $60 M $50

East Village — Hair Mates Downtown
13 3rd Ave. (bet.7th & St. Marks Pl.) | 212 777-4612 | M $35- M $35-

East Village — Hoshi Coupe II
214 E. 9th St. (bet. 2nd & 3rd Ave.) | 212-505-0303 | F $40 M $40

East Village — K2 Salon
218 E. 10th St. (bet. 1st & 2nd Ave.) | 212-260-5198 | F $60- M $50-

East Village — Lotus Salon
240 E. 4th St. (bet. Ave. A & B) | 212-475-2748 | F $60 M $50

East Village — Powder Room
319 E. 9th St. (bet. 1st & 2nd Ave.) | 212-677 2020 | F $60 M $50

East Village — SEI-TOMOKO
240 E 19th St. (bet. 2nd & 3 d Av.) | 212-533-6613 | F $35 M $35

East Village — SEI-TOMOKO 02
126 E 4th St. (bet. 1st & 2nd Ave.) | 212-473-3320 | F $35 M $35

East Village — Ueno Salon
408 E 9th St. (bet. 1st Ave. and Ave. A) | 212-505-7773 | F $60- M $60-

Lower Mhn — Hoshi Coupe Soho
103 Prince St. (bet Sullivan St. and 6th Ave.) | 212-353-8008 | F $70 M $70

Lower Mhn — Lotus Salon
7 Prince St. (bet. Elizabeth & Bowery St.) | 212-219-9293 | F $70 M $60

Lower Mhn — O Hair
18 Bleecker St. (bet. Mott & Elizabeth St.) | 212-614-8728 | F $34 M $84

Lower Mhn — Shizen
627 E 9th St (Bet. Ave. B & C) | 212-777 2128 | F $65 M $65

Lower Mhn — Tokamichi Hair
35 Great Jones St. (Lafayette & Bway) | 212-420-7973 | F $75- M $75-

Lower Mhn — Ueno Salon
218 Mulberry St. (bet. Prince and Spring St.) | 212-343-2233 | F $65- M $60-

Brooklyn — Commune Salon & Gift
101 Grand St. (bet. Driggs & Bedford Ave.) | 718-384-7412 | F $45- M $45-

Upstate — Hon Studio NAKA
267 Halstead Ave. Harrison, NY 10528 | 914-835-0045 | F $60- M $60-

Upstate — Hiro's Hair Salon
99 Purchase St. Rye, NY 10580 | 914-921-9999 | F $60 M $50

Upstate — Momotaro
2 Spencer Pl. 2nd Fl. Scarsdale, NY 10583 | 914-472-5897 | F $60- M $60-

Upstate — Salon Shio
731 White Plains Rd. Scarsdale, NY 10583 | 914-472-8317 | F $50- M $45-

Upstate — Salon Susen
19 E. Hartsdale Ave. Hartsdale, NY 10530 | 914-948-7475 | F $40 M $30

Long Island — LI Weve
18 Haven Ave. Port Washington, NY 11050 | 516-883-3048 | F $40 M $30

New Jersey — Akane Salon
2024 Center Ave. Fort Lee, NJ 07024 | 201-461-3844 | F $10- M $30-

New Jersey — Katsuko Salon
2038 Lemoine Ave. #1E Fort Lee, NJ 07024 | 201-585-9898 | F $55- M $40-

New Jersey — Michi
595 River Rd. Edgewater, NJ 07020 | 201-941-1699 | F $50- M $40-

New Jersey — Salon Tomo
1617 Parker Ave. Fort Lee, NJ 07024 | 201 346-0501 | F $45 M $40

New Jersey — Tosh Hair Sapreme
1550 Lemoine Ave. Fort Lee, NJ 07024 | 201-461-6842 | F $45- M $40

SPA

Midtown West — Nihon Day Spa
15 W 44th St 10th Fl (bet.5th & 6th Ave.) | 212 575-7692 | $30-

Midtown West — SHIZUKA new york
7 W 51st St 6th Fl (bet. 5th & 6th Ave.) | 212-644-7400 | $105 /50min

Midtown East — MOONFLOWER SPA



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8 E 41st St 3rd Fl (bet. 5th & Madison Ave.) | 212-683-8729 www.moonflowerspa.com | $75 / 60min

Korea Town — Aura Wellness Spa
49 W 32nd St (bet Broadway & 5th Ave.) | 917-689-9493 | $70-

East Village — TAMAGO Skincare
251 E 13th St (bet. 2nd & 3rd Ave.) | 212-505-1539 | $45/h-

Lower Mhn — Canne Beauty Center
121 Allaster St. (bet. Canal & Hester St.) | 212-941-7118 | $45/h

Lower Mhn — KSS Beauty Spa
187 Centre St (bet. Canal & Hester St.) | 212 966-9531 | $35

Queens — este de doronko
118-43 Union Tpk. Forest Hills, NY 11375 | 917 881-4004 | $60-

Upstate — este de doronko
21 Lake St. White Plains, NY 10603 | 917 880-4004 | $70-

New Jersey — King SPA Sauna
321 Commercial Ave. Palisades Park, NJ | 201 947-9955 | $45

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School Guide

The following is a list of schools where you can learn Japanese culture

LANGUAGE

Midtown East — Amity Language Institute — Japanese
124 E 40th St #203 (bet. Park & Lex. Ave.)
212-687-9374

Midtown East — Japan Society — Japanese
333 E 47th St. (bet. 1st & 2nd Ave.)
212-832-1155

Midtown East — Language House — Japanese
545 Fifth Ave. # 910 (at 45th St.)
212 949-5455

Chelsea — Tenri — Japanese
434 W 13th St. (bet. 9th & 10th Ave.)
212 645-2800

TRADITIONAL

Upper West — Ikenobo Society NYC — Ikebana
30 W. 60th St. 6K (Columbus & Broadway)
212-757-6748

Upper West — Sogetsu Ikebana School — Ikebana
201 W. 70th St. (at Amsterdam Ave.)
212-873-6115

Upper East — Earthworks Pottery — Pottery
1705 1st Ave (at 88th St.)
212-671-6845

Upper East — Urasenke Chanoyu Ctr — Sado
153 E. 65th St. (bet. 3rd & Lexington Ave.)
212-988-8181

Midtown West — New York Tagai School — Pottery
5 W. 30th St. 3rd Fl. (bet. 5th & Broadway)
212 268-1711

Midtown West — The Nippon Club — Sado
145 W. 57th St. (bet. 6th & 7th Ave.)
212 581 2223

Lower Mhn — Ikebana Flowers NY — Ikebana
173 Lafayette St. #207 (Broome & Grand St.)
212 255-3763

Lower Mhn — Kampo Cultural Center — Caligraphy
31 Bond St. (bet. Lafayette St. & Bowery)
212 228-3063

Queens — K-sui Shodo — Shodo

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23-11 38th St. 2nd Fl. Long Island City
718-278-0508

Japan — Ikebana International — Ikebana
info@ikebanany.org
212-724-7087

Japan — Ohara School of Ihabana — Ikebana
oharanyc@aol.com
646-314-3557

MARTIAL ARTS

Upper West — Kokushi Budo Institute — Karate
332 Rivers de Dr (bet. 105th & 10th St.)
212-866-6777

Upper West — NY Yoshinkan Aikido — Aikido
2728 Broadway 3rd Fl. (bet. 104th & 105th St.)
347-533-0422

Upper West — Shonnryu Matsukayoshi — Karate
131 W72 St. 2n (bet. Amsterdam & Columbus)
212-875-8826

Upper West — Skotoken Karate-Do NY — Karate
2121 Broadway 4th Fl. (at 74th St.)
212-799-5500

Upper West — UWS Kanshikai Karate — Karate
2744 Broadway 2nd Fl. (bet.105th & 106th St.)
917-291-0487

Upper East — Ultimate Karate USA — Karate
1950 3rd Ave. 3rd Fl. (at 107th St.)
212-426-4866

Upper East — WTKD Honbu Dojo — Karate
200 E 63rd St. (bet. 2nd & 3rd Ave.)
212-207-1907

Midtown West — Aikiko of Manhattan — Aikido
40 W. 39th St. 3rd Fl. (at 6th & 5th Ave.)
212-575-0151

Midtown West — New York SATO DOJO — Karate
257 W. 39th St. 14Fl (bet 7th & 8th Ave)
646-413-5174

Midtown West — Shinjinkukan New York — Karate
250 W 57th St. #521 (Broadway & 8th Ave)
917-400-8183

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212-447-3334 www.kyokushinkarate.com

Midtown East — Kanshikaiken Karate — Karate
YMCA 224 E. 47 St (bet. 2nd & 3rd Ave.)
212-756-9600

Midtown East — N.Y. Shorin Ryu Karate — Karate
37 W. 26th St. #9 (bet. Broadway & 6th Ave.)
212-480-9600

Chelsea — Bond Street Dojo — Aikido
214 W. 29th St. 3rd Fl. (bet. 7th & 8th Ave.)
212-477-0299

Chelsea — Eizanryu Jujitsu Biwaho — Judo
214 W. 29th St. 3rd Fl. (bet. 7th & 8th Ave.)
212 280-0927

Chelsea — New York Aikikai — Aikido
142 W. 18th St. 2nd Fl. (bet. 6th & 7th Ave.)
212 242-6246

Chelsea — SkonenKempo NYC — Karate
151 W 26 St. 6Fl. (bet. 6th & 7th Ave.)
917 721-8723

Chelsea — Tiger Schulmann's — Mix
39 W. 19th St. (bet. 6th Ave. & Broadway)
212-727-0773

Chelsea — U S Buda Kai-Kan — Karate
110 W. 14th St. 2 Fl. (bet. 6th & 7th Ave.)
212-807 7336

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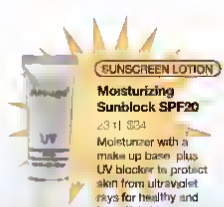
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35 W. 31st St. 6th Fl. (bet. 5 Ave. & Broadway) 212-629-7709 www.oyamakaratenyc.org — Karate

Chelsea — **World Seido Karate**

61 W. 23rd St. 2nd Fl. (bet. 5th & 6th Ave.) 212-924-0511 — Karate

West Village — **Shin-Budokai Honbu**

77 8th Ave. Lower Level (at 14th St.) 212-691-1378 — Aikido

East Village — **Karate Honmo Dojo**

54 E. 4th St. (bet. 2nd Ave. & Bowery) 314-619-3838 — Karate

East Village — **World Kanrazkai Karate**

4 W. 18th St. 3rd Fl. (at 16th St.) 212-677-7228 — Karate

Brooklyn — **Aikido Of Park Slope**

555 5th Ave. (at 15th St.) 718-788-5832 — Aikido

Brooklyn — **Jikishinkan Aikido Dojo**

211 Smith St. (bet. Baltic & Butler St.) 718-498-9511 — Aikido

Queens — **Aikido Club of Queens**

220-28 Hillside Ave. (at Hollingsworth Pl.) 718-468-4610 — Aikido

Queens — **Queens Judo Center**

108-15 Metropolitan Ave. (bet. 72nd & 72nd) 718-263-5636 — Judo

OTHER

Midtown West — **The Nippon Club**

145 W. 57th St. (bet. 6th & 7th Ave.) 212-581-2223 — Dance

Queens — **The Arts Cure Center**

33-24 Northern Blvd. (bet. 33rd & 34th St.) 718-726-3598 — Dance

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Shop Guide

The following are small shops where one can buy Japanese goods, services and art.

APPAREL

Upper East — **R by 45rpm**

17 E. 71st St. (bet. Madison Ave. and 5th Ave.) 212-737-5545 — Clothing

Artfit NY



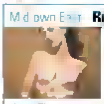
Artfit is a Japanese alteration specialist in the heart of Manhattan. Our staffs are designers, tailors and pattern makers with over 20 years of experience. We also carry a wide selection of baby and kid's clothes with high quality products from Japan.

21 W. 50th St. Suite 1E (5th & 6th Ave.) 212-207-9095 www.artfitny.com — Clothing

Midtown East — **BLOOM New York**

361 Madison Ave. (bet. 45th & 46th St.) 212-370-0009 — Jewelry

Midtown East — **Ripplu**



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575 5th Ave. 2nd Fl. (at 47th St.) 212-599-2223 www.ripplu.com — Lingerie Shop

Midtown East — **Royal Chic**

535 Madison Ave. (at 58th St.) 212-588-0555 — Clothing

East Village — **ARGASY**

428 E. 9th St. (bet. 1st Ave. & Ave. A.) 212-982-7916 — Clothing

East Village — **BOBBY 2000**

104 E. 7th St. (1st Ave. & Ave. A) 212-674-7648 — Clothing

East Village — **Local Clothing**

328 E. 9th St. (bet. 1st & 2nd Ave.) 212-777-3850 — Clothing

East Village — **Tokio 7**

64 E. 7th St. (bet. 1st and 2nd Ave.) 212-353-3433 — Clothing

East Village — **Tokyo Joe**

334 E. 11th St. (bet. 1st and 2nd Ave.) 212-473-0724 — Clothing

Lower Manhattan — **Junko Yoshioka**

151 Spring St. 2 Fl. (W.B way & Wooster St.) 212-206-9302 — Clothing

Lower Manhattan — **Kazuyo Nakano NY**

117 Crosby St. (bet. Houston and Prince St.) 212-941-7093 — Accessories

Lower Manhattan — **Mieko Mintz**

85 Thompson St. (bet. Spring & Broom St.) 212-627-1524 — Clothing

Lower Manhattan — **Miko Inatome**

93 Reade St. 2Fl (bet. W'Broadway and Church) 212-366-7777 — Clothing

Lower Manhattan — **R by 45rpm**

109 Mercer St. (at Houston St.) 917-237-0045 — Clothing

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56 Spring St (bet Lafayette & Mulberry) | 212-219-9540 | Clothing

Lower Mhn **UNIQLO**
546 Broadway (bet. Prince & Spring St.) | 917-237-8400 | Clothing

Lower Mhn **Yanak**
321 1/2 Bleecker St (Christopher & Grove) | 212-807-9100 | Clothing

Lower Mhn **Yohji Yamamoto**
103 Grand St (at Mercer St.) | 212-966-9066 | Clothing

J-POP CULTURE

Upper West **Kim's Video Columbia U**
2928 Broadway (bet. 113rd & 114th St.) | 212-864-5321 | Anime

Midtown West **Jim Hanley's Universe**
4 W 33rd St (at 5th Ave) | 212-268-7088 | Manga

Midtown West **Kinokuniya Bookstores**
10 W 49th St (bet 5th & 6th Ave) | 212-765-7766 | Manga

Midtown West **Midtown Comics**
200 W 40th St (at 7th Ave.) | 212-302-8192 | Anime

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14 E. 41st St. (bet Madison & 5th Ave.) | 212-685-1410 | Book Store

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459 Lexington Ave (at 45th St.) | 212-302-8192 | Anime

Chelsea **Cosmic Comics**
10 E 23rd St 2dn Fl (at Madison Ave.) | 212-460-5322 | Manga

Chelsea **Image Anime**
103 W 30th St (bet 6th & 7th Ave) | 212-631-0066 | Anime

East Village **Forbidden Planet**
840 Broadway (at 13th St.) | 212-473-1576 | Toy

East Village **Kim's Video St. Marks**
6 St. Marks St (bet. 2nd & 3rd Ave.) | 212-505-0311 | Anime

East Village **St Marks Comics**
11 St. Marks Pl (bet. 2nd & 3rd Ave.) | 212-598-9439 | Manga

East Village **Toy Tokyo**
121 2nd Ave. 2nd Fl (bet. 7th & St. Marks Pl.) | 212-473-5424 | Toy

East Village **Video Games New York**
202 E. 6th St (at 3rd Ave.) | 212-539-1039 | Toy

Lower Mhn **kid robot**
126 Prince St (bet Greene and Wooster) | 212-966-6685 | Toy

Upstate **Book Off**
1-45 N Central Ave Hartsdale NY 10530 | 914-683-5440 | Book

Upstate **Kinokuniya Bookstores**
3300 Palisades Centre-Dr West Nyack NY | 845-353-4600 | Book

California **Digital Manga, Inc**
1487 West 178th Street Gardena CA 90248 | 310-817-8010 | Manga

TRADITIONAL

Midtown East **Minamoto**
608 F 1th Ave (at 45th St.) | 212-489-3747 | Confectionery

Wuheo New York
Tenugu (te-hand nugui-wipe) are Japanese cotton towels used as towels, wrapping, decorations and accessories. Art works of tenugui are unique and elegant. These simple cloths bring the beauty of Japanese traditions and style into your life.
410 Park Ave (bet 54th & 55th St.) | 212-231-8126 http://wuhoenyc.com | Towel

Midtown East **Precious Pieces**
6 Tudor City Pl #102 (40th & 41st St.) | 212-682-8905 | Parchment

West Village **Machizukuri WAJIMA**
551 Laguardia Pl (bet Bleecker & W 3rd St) | 212-982-9450 | Dishware

Lower Mhn **KITEYA SOHO**
464 Broome St (bet Mercer & Greene St.) | 212-219-7505 | Confectionery

Lower Mhn **Korin**
57 Warren St (bet Church St and W. B'way) | 212-587-7021 | Dishware

Lower Mhn **Seasons**
115 Crosby St (bet Hudson & Prince St.) | 212-226-0797 | Furniture

Brooklyn **KIVIYA**
42 Mayer St. Brooklyn NY 11206 | 718-218-9181 | Dishware

Brooklyn **Sora Arts**
143 Greene Ave 2nd Fl Brooklyn, NY | 917-690-4172 | Towel

Toki
Art on plates is another aspect of enjoying a meal. Japanese tradition is to choose the right shape, size and colors of a plate to suite the food being served. Experience Japanese tableware at Toki. Direct importer of Japanese pottery in Palisades Mall.
Palisades Center Mall,3rd Fl West Nyack NY | 845-353-0135 www.utsuwa.com | Dishware

New Jersey **Utsuwa-No-Yakata**
595 River Rd. Edgewater, NJ 07020 | 201-941-1902 | Dishware

GALLERY

Chelsea **Gallery memoria**
521 W 26th St (bet. 10th & 11th Ave.) | 212-695-0035 | Gallery

Chelsea **NYCoo Gallery**
20 W 22nd St (bet. Broadway & 6th Ave) | 212-390-1149 | Gallery

West Village **Art Zen Gallery**
236 West 10th St (Hudson and Bleeckerss St.) | 646-465-3222 | Gallery

Lower Mhn **Asian American Arts Ctr**
26 Bowery 3rd Fl (bet. Bayard & Poll St.) | 212-233-2154 | Gallery

Lower Mhn **Gallery gee Tribeca**
158 Franklin St (bet. Hudson & Varick St.) | 212-226-717 | Gallery

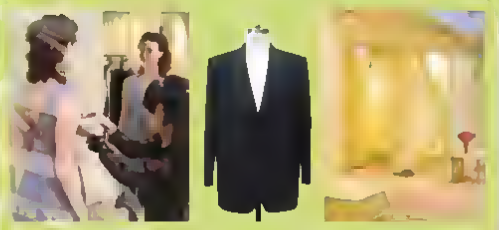
Lower Mhn **Zakka Corp**
147 Grand St (bet. Crosby and Lafayette St.) | 212-431-3854 | Gallery

OTHER

Midtown East **Terry May**

Terry May Concept Flowers provides fresh and high quality bouquets and arrangements for gifts and special occasions. The large selection of finely crafted faux flowers arrangements are a customer favorite. Located on the 1st floor inside the Grand Hyatt Center.
153 East 53 rd St (bet Lexington & 3rd Ave.) | 212-868-0303 www.TerryMayNY.com | Flower Shop

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Exhibition

Ongoing
Japonisme Themes and Highlights from the Collection
Jane Voorhees Zimmer Art Museum
Rutgers University, New Brunswick, NJ
Comprising turn-of-the century European and American works on paper and ceramics as well as related Japanese art this collection reveals the strong influence of the art of Japan on the art of the West
Info: 732-932 7237 or www.zimmerlmuseum.rutgers.edu

October 7, 2006 to October 30, 2007
Japanese Literati Culture in the Edo Period
Philadelphia Museum of Art
Philadelphia, PA
In response to the Chinese literati culture, the Japanese created their own literati culture and in this exhibition the major works of art that came out of this period will be shown. Works include a rare hand scroll of calligraphies by fifteen early leaders of the sect, established in 1661 near Kyoto Japan along with albums, sets of fans and images of poetic gatherings
Info: (215) 235-SHOW or www.philamuseum.org

May 1 to July 22
Ike Taiga and Tokuyama Gyokuran Japanese Masters of the Brush
Philadelphia Museum of Art
26th St. and the Benjamin Franklin Pkwy, Philadelphia, PA
This exhibition marks the first time an exhibition in the United States will focus on the eighteenth-century master of painting and calligraphy Ike Taiga (1723-1776) and his wife Tokuyama Gyokuran (1727-1784) Bringing together key works from both Japanese and Western collections, it offers American audiences a look at over 200 exceptional and rarely seen works by the two artists
Info: 215-763-8100 or www.philamuseum.org

May 4 to August 11
Miwa Yanagi Deutsche Bank Collection
Chelsea Art Museum
556 West 22nd St , NYC
Miwa Yanagi will feature over 30 photographs representing three unique bodies of work and a new video The photographs of Miwa Yanagi explore themes depicting the role of women in the context of Japanese society yet reflect archetypal concerns of women in general Mixing both the imaginary and the real, Yanagi conjures compelling visions using theatrical set-ups and mesmerizing color
Info: 212 255-0719, www.chelseaartmuseum.org or www.deutsche-bank-kunst.com or email to contact@chelseaartmuseum.org

July 5 to August 25
Summer Festival "Art Students Exhibition in NY" 2007
Ise Cultural Foundation Gallery
555 Broadway, Basement Floor, NYC
Ise Cultural Foundation will organize a special exhibition of art works by art students from Japan and the United States from July through August. All submitted works of the art students will be displayed in the gallery space during the exhibition period Awards are to be given to some selected works by the celebrated art professionals in New York, also New York City Audience Award will be determined by the votes of the audience
Info. 212-925-1649 or www.isefoundation.org

Event Feature Japan's Star Festival (Tanabata) Legend and Customs

Tanabata, meaning "Seven Evenings," is a Japanese star festival derived from Obon traditions and the Chinese star festival, Qi Xi The festival is on July 7, and celebrates the annual meeting of Onhime (Vega) and Hikoboshi (Altair) The Milky Way a river made from stars that crosses the sky, separates these lovers, and they are allowed to get close only once a year This special day is the seventh day of the seventh lunar month of the lunisolar calendar In order to celebrate this year's festival a child-friendly theatrical performance introduces Japan's Tanabata legends in an interactive setting with songs and dance by performers of Theatre Arts Japan-Kids Afterwards, families will make paper ornaments and their own traditional Tanzaku, thin paper strips for writing wishes on and to hang on bamboo branches, led by origami artist Gay Merrill Gross Recommended for children ages 3-10 and accompanying adults, tickets for each session $10 per family (up to five people), $7 per family, including at least one Japan Society member

Saturday, July 7, 2007
Morning 10 am-Noon, afternoon 2-4 pm
www japansociety org www japan100 org
Tel 212-715-1258



Illustration from The Story of Tanabata (Tanabata Monogatari) by Yukihiko Mitani Copyright © Kaisei-Sha for Kids. Used with permission of the copyright holder



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Performance

July 16 to 22
Heisei Nakamura-za
Avery Fisher Hall
Lincoln Center Festival
10 Lincoln Center Plaza, Columbus Ave at 65th St , NYC
Heisei Nakamura-za's appearance at the Festival begins with a single performance of Renjishi, the legend of a father lion teaching his children about the rigors of survival. The company goes on to present ten performances of Nakawa Shimesuke's Hokaibo, a work showcasing Kanzaburo as the central character, a rascal with the shaved head and garb of a priest, but the appetites and adventures of a cunning rogue.
Info: 212-721 6500 or www.lincolncenter.org



pictured from left, Mansaku Nomura, Yuki Nomura

July 19 to 21
Noh & Kyogen in the Park
Dag Hammarskjold Park, (across the street from Japan Society)
Japan Society
333 East 47th St , NYC
Enjoy a balmy summer evening with the stars of traditional noh and kyogen Japanese theater! This program includes Hojo, a forgotten play of the taikoh noh repertoire from the late 16th century that survives only in scripts, presented in a contemporary re-conceptualization style by leading noh artist Umewaka Rokuro. Izutsu, is a haunting tale of enduring love from the classical noh repertoire performed by members of Tessen-kai led by Kanze Tetsunojo. Iguri is an exuberant kyogen piece about a divine hood that renders the wearer invisible, featuring renowned master and film/TV star Nomura Mansai and his seven-year-old son.
Info: 212 715-1258 or www.japansociety.org

Lecture/Forum/ Film/Festival

May 1 to October 30
Installation of New Murals by Hiroshi Senju
Shofuso, Friends of the Japanese House and Garden
4700 Stateo Onve, Philadelphia, PA
Hiroshi Senju's gift of decorative murals -- to be painted on paper sliding doors (fusuma) and a centerpiece alcove wall -- will complete the restoration of the unique shoin-zukuri house, handcrafted in 17th century style, to its original beauty. Mr. Senju is honoring Shofuso with the ancient Japanese tradition of a master painter giving a splendid gift to the community.
Info: 215-878-5097, www.shofuso.com or www.hiroshisenju.com

June 21 to July 21
How Women Look
Safe – T- Gallery
111 Front St , Suite 214 Dumbo Brooklyn
Summer group show "How Women Look" is presented at Safe T-Gallery. Nine contemporary artists are exploring one of summertime's most absorbing intellectual and artistic questions: "How Women Look." Taking an almost balanced mix of men and women artists working in a wide range of media, the show is intended to spotlight a unity of affection for this most engaging, yet enigmatic, of artistic subjects.
Info: 718-782-5920 or www.safeTgallery.com

June 22 to July 8
Dragon Dynasty and Subway Cinema present
New York Asian Film Festival 2007
IFC Center & Japan Society
323 Sixth Ave., NYC
The annual New York Asian Film Festival (NYAFF) is Subway Cinema's flagship event and America's leading showcase for popular Asian Cinema. Each year, Subway Cinema's programmers watch hundreds of recent Asian films and pick 30 that make the earth move and bells ring. This year, they are having Director Shusuke Kaneko of DEATH NOTE and Sion Sono of EXTE as special guests.
Info: goran@subwaycinema.com or www.subwaycinema.com

Sushi or Sashimi?

Japanese words and phrases you need to know when dining

This month's words & phrase

Complementing Your Sushi!

Many Americans love the ginger that comes with sushi as a condiment. The pickled ginger's sweet and sourness can be as addictive as wasabi. Americans seem to be eating both of these tasty side delicacies in a more substantial amount lately. So when you want to have more of them, that is the time to use this phrase, "Gari / Wasabi okawari kudasai." This means "Some more ginger / wasabi please." Remembering the word gari is not difficult. Gari is a kind of sushi restaurant terminology. Japanese people don't use the word anywhere else except in sushi restaurants. Gari itself functions as a way to rest your sense of taste and refresh your palate like a citrus sorbet in the middle of a French cuisine course. That is why just a small amount is given. Having a large amount of wasabi and soy sauce is not the best idea for a reason. It could destroy the delicate flavor of the sushi. Gari and wasabi are there to compliment the subtle combination of sushi flavors, and too much of either could easily overpower the taste of good fish.



June 23 & July 17
"Omusubi" school
Oms/b
156 East 45th St., NYC
Rice ball cafe Oms/b gives lectures on how to make delicious rice balls. All lectures are given in English. Contents include basic cooking, like how to steam rice. Each lecture lasts about 2hours. It starts at 3pm on June 23, 6pm on July 17. $35 fee includes material costs. Reserve a space, class size is limited.
Info: 212-922-9788 or www.riceball-omsb.com

June 24
Sake Tasting with Fresh Tuna Gourmet Feast Featuring "Geisha" Dance
CHANTO restaurant
133 7th Ave., NYC
Seven different brands of Japanese sake from a prestigious sake brewer, Shichiken, are available at this Sake Tasting Party at CHANTO Restaurant. Customers can also enjoy tasty sashimi and sushi of fresh tuna as well as other delicious hors d'oeuvres. At the beginning and closing of the party, two Japanese dancers dressed in "Geisha" style kimono will perform Japanese dances, form traditional to modern fusion.
Info: 212-463-8686 or www.chantonyc.com

July 5 to 15
JAPAN CUTS – Festival of New Japanese Film
Japan Society
333 East 47th St., NYC
Japan Society's first-ever large-scale film festival brings a sizable slice of Japan's dynamic contemporary film culture to New York City. Drawing on the wide range of films produced in Japan today—from blockbusters, cutting-edge independent films and animation, to documentaries and short films—JAPAN CUTS features over 15 U.S. and NY premieres, short films from Japan's emerging independent film makers and video artists, free outdoor screenings, and Q&A's with directors, panel discussions, and parties.
Info: 212-832-1155 or www.japansociety.org
For tickets call Box Office 212-715-1258

Hop, Step, J-pop!

The Rebellious World of Aranzi Aronzo

If your last experience with arts and crafts involved bracelets at summer camp, you'll be pleased to discover the delightfully subversive books of Aranzi Aronzo. Who are Aranzi Aronzo? Contrary to their website's introductory page, they are not globetrotting, tambourine-playing salarymen, but two sisters from Osaka who have made careers of peddling cute-but-edgy products. Their empire includes retail stores in Tokyo and Taipei, a booming online business (http://english.aranziaronzo.com/), and a series of craft books that are equal parts manga and DIY manifesto.



Consumers on both sides of the Pacific have snapped up t-shirts, pens, bags, and postcards featuring Aranzi's signature characters. In February 2007, Vertical Inc. released English editions of two Aranzi titles: "The Cute Book" and "The Bad Book." Both feature full-color photos, traceable patterns, and step-by-step instructions for fashioning rabbits, monkeys, and cats out of materials easily obtained at Pearl Paint (308 Canal Street). Craft enthusiasts should visit Vertical's Aranzi page (http://www.vertical-inc.com/aranzi_aronzo/the-cute-book), where they can preview images from all seven books or post pictures of their own handiwork.

Katherine Dacey-Tsuei
www.popcultureshock.com

July 13
HULA GIRLS
The ImaginAsian Theater
239 East 59th St., NYC
Based on a true story, HULA GIRLS is a heartwarming comedy about coal miners' daughters who took a once-in-a-lifetime chance to escape their monotonous lives, only to

DRAGON DYNASTY SUBWAYCINEMA

6TH NEW YORK ASIAN FILM FESTIVAL

JUNE 22 - JULY 8, 2007

Featuring the New York Premieres of

DEATH NOTE
Friday, July 6 @ 8:45pm
Sunday, July 8 @ 3:30pm

DEATH NOTE: THE LAST NAME
Saturday, July 7 @ 5:45pm
Sunday, July 8 @ 6pm



with director Shusuke Kaneko
at Japan Society
323 Sixth Avenue, between 3rd and 4th Streets

Details and tickets at: www.subwaycinema.com
Co-presented with Japan Society, as a part of
JAPAN CUTS – Festival of New Japanese Films (July 5-15).

become unwitting heroes to their depressed mining town with Hula dance as well as the whole of Japan. This movie won many awards in Japan.
Info: www.theimagination.com

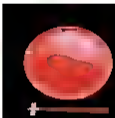


July 18
Summer Sake Tasting
Komegashi too
99 Pavonia Ave., Jersey City, NJ
At this sake tasting event, you will have the chance to learn about and sample some amazing sakes from a special sake sommelier from NY Mutual Trading. From different fruit-flavor sakes to Nama (draft) sakes, and junmai gingyo and dai-gingyo sakes, you will learn the ins and-outs of what makes great sake. Food will be served including hors d'oeurves and a wide selection of hot food and sushi rolls, to compliment the many sakes you will experience.
Info: 201-533-8888 or www.komegashi.com

July 19 to 28
30th Asian American International Film Festival
Asia Society and Museum, Auditorium
725 Park Ave., NYC
Join Asian CineVision in association with Asia Society in celebrating America's first festival to recognize the works of Asian and Asian American media makers. Check out over 100 films and videos, special tributes and retrospectives, panel discussions, music video, the 7th annual staged screenplay reading, networking mixers, one-on-one discussions, awards, parties and more!
Info: 212-517-ASIA or www.asiancinevision.org



July 21
Rochester Beginners Honkyoku Intensive
This intensive is for beginners (no experience necessary), and will consist of learning an entire Zen piece (HONKYOKU). Kurahashi Yoshio Sensei will teach this class at the Rochester Dojo. From July 27 to 30. KiSurAn Shakuhachi camp will be held at the different location in PA as well. Koto and Shamisen players are also invited and there will be classes and nightly concerts.
Info: 212-929-1037 or email: nyogetsu@nyogetsu.com



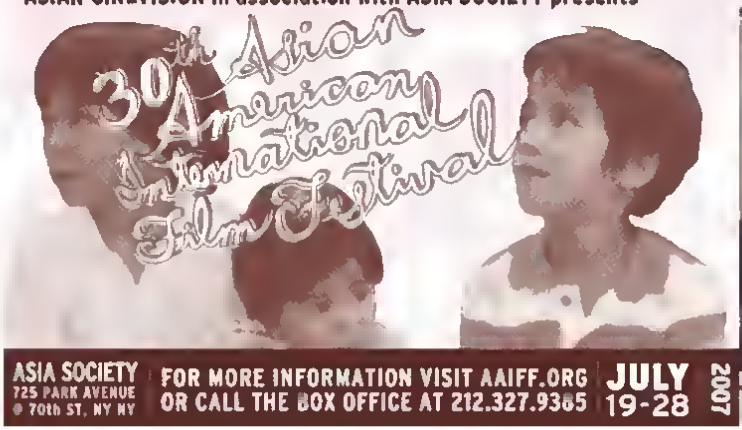
JAPANESE NUTRITION EDUCATION

Beefing Up Innovative Dishes

Wagyu has finally arrived in the U.S. from Japan and many chefs of trendy restaurants are now trying to use Wagyu as the new ingredient to beef up their innovative dishes. Cattle was first brought to Japan over 2,000 years ago. Intensive breeding efforts have helped make significant improvements, resulting in today's high-quality beef breed Wagyu, which offers only the top and second-highest classes of this fine meat. Kobe beef is known as one of the most famous brands of Wagyu in Japan. The fat in Wagyu melts at just 77 degrees Fahrenheit (25 degrees Celsius), a lower temperature than any other beef. This explains why Wagyu melts in your mouth, giving that sensational burst of flavor from the very first bite that it's famous for. The beef called Wasyugyu in the U.S. is a crossbreed of the Japanese black cattle Wagyu and American Black Angus. Wasyugyu is raised in Washington and Oregon State. Wasyugyu is grown within the same feeding program used to produce Wagyu in Japan. Both are amazingly tender, and juicier and tastier than any other U.S. beef. Why? Because they get special treatments that include drinking beer and getting massages!

Shigeko Fuka
She is an experienced freelance journalist, covering the latest news within the New York area. She founded the Non-For-Profit Corporation JCCA-AMERICA in 2005. Her recent book is "Eat in NY50 Best selection (NY Koshiwan Restaurant Guide)." www.ja-events.us

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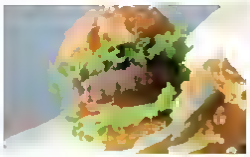


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JULY 19-28 2007

Jazz Thursdays @ CHANTO Restaurant
A year after opening, Chanto restaurant has been transformed into a double concept restaurant. They separated it into two floors, the first is a bar while the second is the fine dining experience it is known for. Along with the renewal, they now offer a live Jazz performance series called, "Jazz Thursdays" from 8pm to 11pm at the bar. There's no cover charge and a special jazz dinner menu is available. Please check the website to see the exciting performance schedule. Enjoy great jazz with sushi and a Kobe beef burger! You can feel cultures mix in the West village.
Info: 212-463 8686 or www.chantonyc.com
Location: 133 7th Ave., NYC



Get an additional discount at MIEKO MINTZ Spring Summer Sale
Mieko Mintz's Spring Summer sale is going on now through June 30 at her boutique in SoHo. Many items are reduced by 20%-50%. Readers of Chopsticks, NY that mention the magazine will receive an additional 10% off. The boutique is filled with beautiful clothing and accessories, most of which have been designed and made by Mieko utilizing unique fabrics and material from around the world. A number of these items are made from vintage kimonos, which she has collected through the years.
Info: 212-627-1524 or www.miekomintz.com
Location: 65 Thompson St., NYC

In Time for Summer, Benihana Introduces New Sake Mojito
With summer approaching, Benihana introduces a cool new specialty drink – the Benihana Sake Mojito – a tropical favorite with Japanese flair. Japanese sake adds an extra kick to the sweet rum and refreshing citrus and mint flavors of the popular Mojito, creating an exotic thirst quencher. Benihana is famous for bringing Japanese cuisine to mainstream America, with its theatrical performing chefs preparing and serving meals before guests at teppanyaki tables. The new Benihana Sake Mojito is a great start for any meal at Benihana. The intense and aromatic combination of sake, rum, fresh mint and limejuice complement the rich flavors of our specialties and are part of the fun of the Benihana experience. Hemingway might have enjoyed it!
Info. 212-581-0930 or www.benihana.com
Location: 47 West 56th St., NYC

Summer Sale! – Kazuyo Nakano
Kazuyo Nakano New York will be having summer sales featuring some of its exclusive collections throughout July. This month will be highlighted with beautiful designs that are end-of-stock items, so customers are invited to come and shop while these unique designs are available. Some selections will be marked down 35% or more and are the last of their style to be seen. Please visit the website to see more about some of their sales and newer collections as well. Feel free to contact them with any questions about availability and color selection.
Info. info@kazuyonakano.com or www.kazuyonakano.com



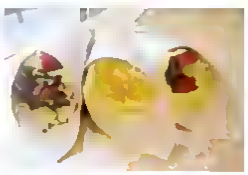
Enjoy an Authentic Japanese dining experience for a special rate at the Kitano New York's Hakubai restaurant
Throughout the summer, The Kitano New York's Hakubai restaurant will offer an Early Bird Special for its acclaimed Kaiseki Menu. This summer, guests can enjoy the Michelin-rated Hakubai's unique five dish Kaiseki menu for a special rate of $48 per person, taxes and gratuities not included with the restaurant's Summer Time Early –Bird Special Dinner. This menu is available each evening between 6:00 to 6:30pm., with seating available until 8pm. This is valid from June 11 to August 31, 2007. Kaiseki is a distinctive and delicate cuisine with roots in Zen Buddhism and the traditional Japanese tea ceremony.
Info: 212 885-7111 Location: 66 Park Ave., NYC



Summer Time Early Bird Special Dinner



Get free toppings! – Cecel Cafe Crepe
This brand-new crepe café is offering deals for customers to celebrate its opening. Tell the store staff you read about them in Chopsticks NY and can get a free vanilla or chocolate ice cream topping. This service is just available for customers who buy the sweet dessert type crepes, like Redbean Strawberry or Double Mango crepe. All dishes are hand-made and use fresh materials. This offer is available until July 15, 2007.
Info: 212-460-5102 Location: 135 1st Ave., NYC



ONE-MAN CAMPAIGN for "If you're a bride in search of a graceful arrangement for your wedding"
Junko Miura will create and transform any space into a work of art! Miura is an award-winning Ikebana flower creations master. Her works have graced national magazines, inspired talented artists and her flowers are displayed in many upscale establishments throughout New York. Ikebana arrangements are the perfect way to make your wedding truly unique. Every detail will be carefully choreographed so you and your personal style will be displayed. Bridal Bouquets start at $150.00. Center pieces start at $80.00, while Design & Decoration are $150 and up. Contact Junko Miura for a Free consultation at her SoHo studio (until July 31st).
Info: 212-255-9769 or junkom@verizon.Net or www.ikebanaflowers-ny.com
Location: 173 Lafayette St. Suite 207, NYC



Kitano Hotel offers an "Independence day week special plan"
The Kitano Hotel will offer an annual special service plan for customers during independence week, from July 2 to the 8th. All customers who apply for this service can enjoy watching the magnificent fireworks display from the hotel's large terrace on the 18th floor on Independence Day. This special plan will include a discount for three different types of rooms: standard, superior, and junior sweet. In addition, the room fee includes breakfast for two people served in the hotel's Garden Cafe.
Info: 212 885 7000 or www.kitano.com
Location: 66 Park Ave., NYC

Go to the EN Japanese Brasserie during Restaurant Week!
The EN Japanese Brassene will offer a special three-course dinner for $35. It will take place for two weeks as part of Restaurant Week, from July 16 to 20 and 23 to 27.
Info: 212-647-9196 or www.enjb.com
Location: 435 Hudson St., NYC

Bring this Chopsticks NY – Enjoy a great deal
The really authentic Japanese restaurant Aburiya Kinnosuke, offers a great deal to Chopsticks NY readers. Bring this magazine with your friend and order Pre-Fix Menu ($45) and the aperitif is served FREE (for more than two people).
Info: 212-867-5454 Location: 213 East 45th St., NYC

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Cover
Satoshi Ohtake
www.ohtakeinc.com
keigeoh@mac.com

Published by Trend Pot, Inc.
30 W. 28th St. 10th Fl., New York, NY 10001-2011
TEL. 212-431-8870 / FAX. 212-431-8881
www.chopsticksny.com

For Advertising Info: TEL. 212-431-8870 (ex.102)
E-mail: adsales@chopsticksny.com

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Quiet Master's Seafood Dishes

Sushi lunch on the weekday is nothing special for New Yorkers working in Midtown of Manhattan. Authentic sushi restaurants in this neighborhood has been already recognized as regular lunch place with friends and colleagues, but customers' expectation for the food quality is still very high.



Mr. Nakashima demonstrates one of the best ways to enjoy Azuma Foods' signature product, flying fish roe. Using all four flavors, the avocado is served as if pieces of fresh fruits. Flying fish roe a.k.a. Tobikko comes in different color for each flavor – bright orange for regular roe flavor, yellow for Japanese citrus, green for wasabi and dark red for pickled plum flavors.

Fukumatsu Restaurant, one of the long-standing Japanese restaurants in the neighborhood, serves authentic Japanese cooking as well as high-quality sushi to busy but gourmet conscious Midtown office workers. High-quality fresh seafood is not too luxurious for "chitty-chatty lunch" with their colleagues during the week, but just always satisfactory and energizing for the rest of the work day. Located in the middle of the busy office area, Fukumatsu Restaurant is the home for authentic Japanese food and the "oasis" restaurant for hard-working office people. To fulfill their customers, the restaurant is always in need of fresh seafood ingredients.

The chef in charge of sushi is Mr. Nakashima, and he quietly processes the food and prepares the plates at the simple counter in the restaurant. From years of his experience in sushi, Mr. Nakashima's eyes instinctively detect the freshness of ***Azuma Foods'*** seafood products. He, as usual, quietly moves his hands and starts cooking. It appears to be spontaneous when he puts fish slices and vegetables together then roll them with rice, but this seafood master knows what goes well with what.

Without any word but with a confident smile on his face, Mr. Nakashima starts with rolls with flying fish roe, Azuma Foods' signature product that comes in different colors. He knows what to add and how to fix it on the plate, and the result is the unimagined beautiful and tasty work of art. Azuma's flying fish roe is one of Mr. Nakashima's common seafood ingredients, and is used for the restaurant's top seller "Fukumatsu Roll."



Mr. Nakashima, the chef at Fukumatsu Restaurant is a sushi master. His instinct and techniques produce the best of best seafood menus in Midtown.

The majority of Fukumatsu Restaurant's customers expect the best meals around their work place, and they are all satisfied with Mr. Nakashima's cooking with best quality of all ingredients. Consisting nearly 70% of their menu, seafood dishes are critical and the most favorable for the restaurant in this competitive neighborhood, and the success of Fukumatsu Restaurant has been strongly supported by Azuma Foods' best seafood ingredients.

Fukumatsu Restaurant is located at 212 East 52nd Street (between 3rd and 2nd Avenues). Phone: 212-754-4840.



Fukumatsu Rolls have Tobikko wrapped with filet of fresh mackerel, which is also from Azuma. The colors of Tobikko beautifully present the roll on the plate, accompanied by Azuma Foods' latest product seasoned herring with capelini roe on the side.



One of Fukumatsu Restaurant's best seller dishes, Fukumatsu Roll. Spicy yellowtail sushi roll topped with Azuma's Tobikko and special spicy smelt roe + mayonnaise sauce.

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To learn more about Azuma, visit their informative website, **azumafoods.com** or call their friendly sales representatives in the Northeast office at **(201) 372-1112**

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NY Coo Gallery Presents 2007 Open Art Contest

NY Coo Gallery in association with IBERICA USA, Inc., one of the world's leading clinical trial providers, is happy to present 2007 Open Art Contest. The official creative theme for this year's contest is "health." Each entry must be health-themed. For the motif, you are welcome to either use sunflower, IBERICA's corporate logo image, or select your own.

The finalist in Sunflower Category (those who used sunflower as a motif) will receive $ 500.00 check and a U.S. - Japan roundtrip airline ticket. In addition, the winning artwork may be used by IBERICA USA, Inc. in its advertisement and promotional materials such as posters. The finalist in Open Category (those who selected their own motif) will receive $ 500.00 check. All winning and selected works will be displayed in NY Coo Gallery December 2007 exhibition.

We'll look forward to your participation.

Application Period : Sept. 1~30, 2007

Entry Fee and Entry Limitation: Each participating artist is allowed to enter up to 3 artworks for the fee of $ 100.00 (minimum fee). There will be a $ 50.00 fee per additional entry. You are allowed to mix your entries and categorie (Ex. 2 in Sunflower Category, 1 in Open Category).

NY Coo Gallery December 2007 Exhibition : Where: NY Coo Gallery / When: December 5 (Wed) ~21 (Fri), 2007 Opening Reception: 5:00pm~7:30pm, December 7, 2007 / Award Ceremony: Will be held during the opening reception

Contact Address (Open Hour: Tuesday - Saturday 12:00PM - 6:00PM)
NY Coo Gallery, 20 West 22nd St. #1008, New York, NY 10010 TEL. 212-380-1149 contact@nycoo.com

Please look for more information in our website. www.nycoo.com

About IBERICA USA, Inc.

Founded in 1996 in Hakata, IBERICA Co. Ltd. has grown steadily as a first Japanese full-service CRO with operation centers in Tokyo, Osaka, and Fukuoka. Today, IBERICA Co. Ltd. provides assistance to major Japanese pharmaceutical and bio-venture companies with their effort to develop new drugs. IBERICA USA Inc., since its establishment in 2003 as the only Japanese CRO in the U.S., has been an active participant of the international efforts to develop new drugs in compliance with the stringent FDA regulations. The company plans to open a new, state-of-the-art clinical research center in NJ in the summer of 2007.

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